JON (BONES) JONES
UFC LIGHT-HEAVYWEIGHT CHAMPION COULD BECOME BEST EVER {page 46}

GENTLE ART
JIU-JITSU HELPS STREET YOUTH TURN THEIR LIVES AROUND
{page 3}

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Monday, December 12, 2011
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News worth sharing.

▶ Known for her tough-chick roles, Michelle Rodriguez, flanked by co-stars of her new movie, Resident Evil: Retribution, Boris Kodjoe, left, and Johann Urb, was in Toronto last night at Cabin Five in the club zone, where she was guest DJ.

CENTRAL IMAGE AGENCY

Michelle Rodriguez guest DJ in club zone

Resident Evil: Retribution is an upcoming 2012 3-D science-fiction action horror film written and directed by Paul W. S. Anderson. It's the fifth instalment in the Resident Evil film series and the third to be directed by Anderson.

Fewer kids reading for fun: Study

Intense focus on literacy could be taking away some of the joy, new report suggests

Just half of Ontario's Grade 3 and 6 pupils say they like to read, a number that has plummeted from a decade ago, according to a new report that warns of the long-term impact of this "worrying trend."

"Literacy — alongside writing and math — has been at the centre of Ontario's educational agenda for more than a decade," says Reading for Joy, a report to be released today by advocacy and research group People for Education. "And while Ontario students' literacy scores have improved during that time, something unexpected has happened: There has been a dramatic decline in the percentage of Ontario students who report that they 'like to read.'"

Based on survey questions asked as a part of the standardized tests, 76 per cent of third graders and 65 per cent of sixth graders reported that they liked reading in 1998-99. But in 2010-11, those numbers had dropped to half.

"It matters for kids because reading is part of every single aspect of school life."
ANNIE KIDDER, EXECUTIVE DIRECTOR, PEOPLE FOR EDUCATION

Annie Kidder, executive director of People for Education, said the trend mirrors other countries, including England, where there's an emphasis on standardized testing. International studies have shown that children who enjoy fiction do better in school and become more engaged citizens.

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Dinner for 300, only 1 cook in the kitchen

Like a seasoned military campaigner, Joyce Peason is an expert strategist. But the 73-year-old great-grandmother is not laying siege to a city or leading soldiers in combat.

No, her heroics are in the kitchen. She is preparing Christmas dinner for 300 children, without so much as an aide-de-camp.

The children at Sprucecourt Junior Public School in Cabbagetown will sit down in the gym on Thursday to a full-blown turkey dinner with mashed potatoes, five vegetables, gravy and stuffing. Cake to follow. It's the one day of the year they get dessert in the lunch program.

About 70 per cent of the students at Sprucecourt are Muslims from Bangladesh. Many require halal meat, which Peason, who shops for the school on a shoestring budget, can't afford. Hence, the wide array of vegetables to make sure their plates are brimming with goodness.

"I love doing it," she says. "It gives me pleasure to know each one of them is having a turkey dinner."

TORSTAR NEWS SERVICE

AARON HARRIS/TORSTAR NEWS SERVICE

▶ Joyce Peason gets to work at Sprucecourt Junior Public School in Toronto on Friday.

'Gentle art' helps street youth

Organizer initially started a boxing class But didn't like teaching youth in gangs how to punch properly

She knew exactly what to do when he attacked her.

As her assailant's fists flew, Natasha James, 23, put him in a rear chokehold, led him out of her home and locked the door.

"I didn't even feel like a victim," she said, smiling.

She learned her defense skills at a program that teaches Brazilian jiu-jitsu (BJJ) to Toronto youth involved in sex work, pimping, gangs, drugs or street life. BJJ, one of the most common martial arts practised in the Ultimate Fighting Championship, involves no kicking or hitting. Rather, leverage is used to manoeuvre opponents.

Torontonians cried foul earlier this week after city Coun. Doug Ford suggested local schools support a similar program backed by the notorious UFC.

"In gang life you compete on the block for drug turf. In martial arts, we compete on the mat in jiu-jitsu against other academies."

DWIGHT CATANUS, YOUTH WORKER AT EVERGREEN, ON THE TRANSITION FROM GANG LIFE TO MARTIAL ARTS

Several school board trustees slammed the idea, saying an organization that promotes a full-contact, often bloody sport has no place in schools struggling to combat bullying.

But it's hard to deny that the UFC's jiu-jitsu aspect (roughly translated from Japanese as "the gentle art") has been a positive force in the lives of young at-risk people like James.

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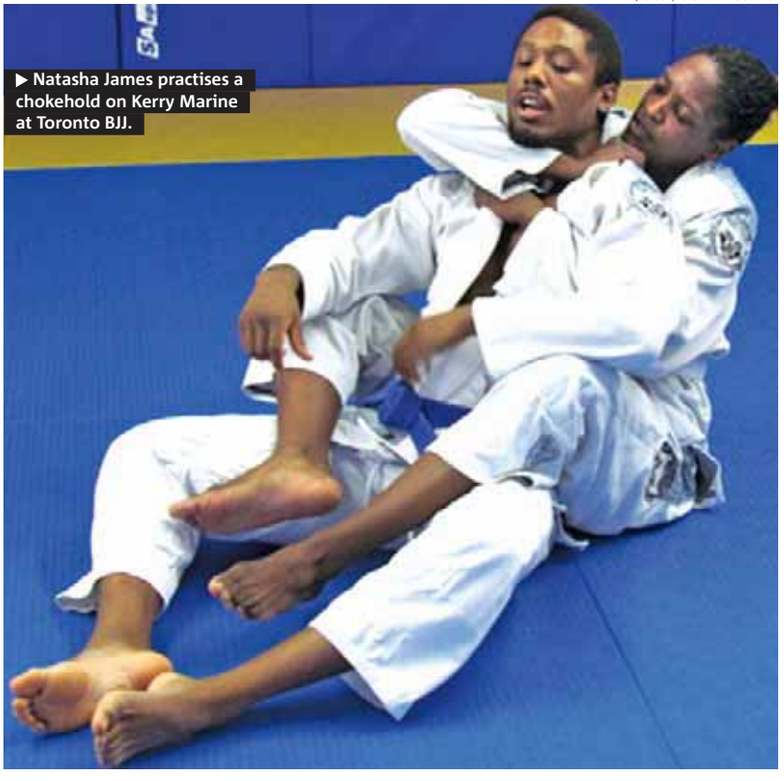
EMILY JACKSON/TORSTAR NEWS SERVICE



▶ Natasha James practises a chokehold on Kerry Marine at Toronto BJJ.

1 news

In light of a difficult economy, the Pope reminds the faithful that there's more to Christmas preparations than buying gifts. Scan the code for the story.

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Italy's union leaders say they're going ahead with a call for a general strike to protest pension reform. More at metronews.ca/news

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Alcohol a factor in crash that killed father, police say

The father of a two-year-old child is dead, while the child and his mother were among four people sent to hospital after a collision on Cawthra Road yesterday.

"The accident was alcohol-related," said Const. Marlon Colthrust.

The two-vehicle collision occurred north of the Queen Elizabeth Way in Mississauga at about 3:30 a.m.

The father, 40, and child were ejected from their vehicle, a white Kia sedan. The father was being transported to hospital when his heart stopped, according to Peel EMS.

The child was rushed to Sick Kids hospital and is in stable condition, according to police. The mother, who was also taken to hospital, has since been released and is with her child.

Two passengers in the black Dodge that collided with the family's car — one male and one female — were also sent to hospital with broken bones and minor injuries.

TORSTAR NEWS SERVICE

Picture-perfect gift is worth thousand words

Photographers share time and talent to provide free portraits

Hongmei Cai knows what it's like to arrive in Toronto from the other side of the world, juggling work and family while learning a new language and culture.

In the whirlwind of daily life, there's no chance to think about extras like family photographs.

So she was excited to hear about Help Portrait, a global network of photographers, makeup artists, hairstylists and technicians who donate their time and expertise in their own communities to provide families with the gift of a portrait.

Yesterday, the Ralph Thornton Centre in south Riverdale bustled with the sounds of shutters clicking, babies cooing and the oohs and aahs of delighted adults, as 15 Toronto photographers spent the day snapping memories.

Some from the community posed alone, some with partners, and others were among several generations.

"This is a great event for families like us," said Cai, a board member at the community centre, which donated space for the day and helped spread the word. "I'm an immigrant. We don't have time and we don't have money for this type of thing."

She was among the roughly 100 families who left clutching 8-by-10 prints, including a shot of 15-year-old daughter Fei Ma, and another of proud mom with five-year-old Hannah Ma. Other images were also sent to participants by email.

Hairstyling and makeup were provided for free. Sponsors donated food, juices and hot drinks, as well as providing two technicians and rental lighting.

"This event is really about giving back for a day," said organizer and photographer Lise Varrette. TORSTAR NEWS SERVICE

Old-Time. Hockey

▶ NHL Alumni and former Maple Leafs Wendel Clark and Curtis Joseph chat on the ice yesterday.

RICK MADONIK/TORSTAR NEWS SERVICE

Great Leafs help out a great cause

The annual Scotia Hope Hockey Classic took place at Ricoh Coliseum. The arena was packed with hockey greats yesterday afternoon, as some of the greatest players in history took on children from the Toronto Kiwanis Club, Central Neighbourhood House and St. Christopher's House.

Zoo grapples with animals harming offspring

Are they bad mothers for abandoning, injuring, or even killing their newborns?

Take Aurora, the popular female polar bear at the Toronto zoo, for example. She killed two of her cubs in October, and had a third one taken away by zoo staff for hand-rearing to prevent a similar fate. She did the same thing the year prior, killing two of her cubs at birth by partially eating them.

It is well known that males will attack or eat their young and others, but mothers failing to care for their young, and animal infanticide in general is a touchy, almost taboo subject for major zoos, including Toronto's. After all it doesn't exactly drive attendance.

Yet it's a phenomenon staff deal with and one that can be traumatizing for zookeepers, say Toronto zoo officials.

"It's not uncommon, even with domestic animals. Some mothers just aren't good (at being) mothers," explains Dr. Graham Crawshaw, the Toronto zoo's senior veterinarian.

"It's animals. Some animals do better than others. You can't predict."

TORSTAR NEWS SERVICE

RON BULL/TORSTAR NEWS SERVICE FILE

▶ Dr. Graham Crawshaw from the Toronto zoo watches Siberian Tiger Tatiana through a glass window.

Other incidents

- Tatiana, a Siberian tiger, gave birth to two cubs in 2000. One was found dead, the other alive but missing a leg that had been bitten off by mom. The cub was euthanized.
- Nokanda, a female white lion, gave birth to four cubs in 1999 and two the following year, and abandoned all of them.

Prison dance web series wraps up T.O. production

It sounds almost too perfectly Meta for our web video forwarding culture.

Prison Dancer, a musical web series inspired by the 49-million-times-viewed (and counting) video of Filipino prisoners doing the routine to Michael Jackson's Thriller, just wrapped production in Toronto.

Producer Ana Serrano says they have big hopes and dreams for this project.

The web series is filmed in mockumentary style over 12 five- to eight-minute long webisodes, and is told from the point of view of Matt, a web culture journalist who starts to look into the lives of the inmates who became YouTube sensations.

Serrano said she doesn't want to give away too many details, but describes it as a sort of Glee-type show set in a Filipino prison. It will be highly stylized with some classic musical elements, including the requisite unrequited love story.

TORSTAR NEWS SERVICE

BULLIT MARQUEZ/THE ASSOCIATED PRESS

▶ The Dancing Inmates of Cebu video.

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Garage yields treasures

Purchased in estate sale, find produces some surprising items

Jeff Ribeiro did not buy the old brick garage at the corner of Rogers and Old Weston Roads for what was inside. Nor could he possibly imagine what awaited him when he first entered.

The garage, purchased through an estate sale, was literally crammed to the rafters with stuff. Parked out back was a U.S. army jeep from the Second World War. Then were the seven automobiles, including a 1956 Mercury Montclair, a 1965 Cadillac and a 1967 Mustang.

Strangest of all was the discovery of a large, dusty engine bearing an unmistakable stamp: Rolls-Royce. Ribeiro imagined it might have been removed from a large truck. It was eventually identified by the Canadian Air and Space Museum as a Rolls-Royce Merlin, a 12-cylinder engine used to power a variety of Royal Air Force aircraft during World War II. **TORSTAR NEWS SERVICE**

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Nutcracker. Cannon Dolls

▶ Mayor Rob Ford and city councillor Michelle Berardinetti smile on stage during a performance of the Nutcracker in Toronto on Saturday.

PAWEL DWULIT/THE CANADIAN PRESS

Ford makes stage debut

Rob Ford made his stage debut in a special cameo appearance as a Cannon Doll in the opening performance on Saturday afternoon. The Cannon Doll guest roles are colourfully costumed as Russian Petrouchka dolls, and is a non-speaking, non-dancing role.

Trial gets underway for man accused of plotting to bomb G20

"Well, there goes my day," Byron Sonne says to himself, rather nonchalantly, while sitting in the back of a police cruiser on June 22, 2010, the day he was pulled off a Bathurst Street bus and accused of plotting to bomb the G20 summit.

He then begins to whistle.

The then-38-year-old Internet security expert — who shortly after being handcuffed and locked in the back of the cruiser muses to himself about the police's choice of operating system for their in-car surveillance camera — had no idea then that he would actually spend almost a year in police custody.

The tape of Sonne's arrest was one of several police videos played in court last month in the highly-anticipated case, which spent its first four weeks tangled up in pre-trial motions regarding the admissibility of evidence.

This week, the trial begins in earnest.

Arguably the most compelling of all G20 suspects, Sonne, now 39, stands accused of possessing explosive materials and "counselling the commission of mischief not committed" in the lead-up to the 2010 summit of world leaders in downtown Toronto.

TORSTAR NEWS SERVICE

News in brief

York transit strike drags on

There's no end in sight for York Region's transit strike after talks between one of three striking groups and their employer came to a sudden halt Saturday.

The union representing Veolia Transportation drivers met with the company Saturday morning for the first time since the strike began on Oct. 24. But negotiations broke down and the union says it looks like arbitration is the only option. The talks between Veolia, which runs the Viva bus service, and the union broke down on the issue of how much employees should pay for their own health care benefits package, a union spokesperson said. **TORSTAR NEWS SERVICE/THE CANADIAN PRESS**

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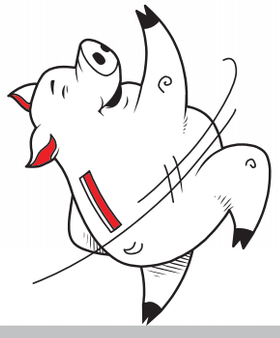

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Hamas says it's halting strict Islamic rule

It's not clear whether the changes are tactical or whether they represent a true shift that will lead to more political freedom

ABBAS MOMANI/GETTY IMAGES

A Palestinian boy controls the ball during a training session yesterday at a children's football academy in the West Bank city of Ramallah.

Bans on women smoking water pipes in public and male coiffeurs styling women's hair are no longer being strictly enforced in the Hamas-controlled Gaza Strip, apparent signs of greater tolerance as the Islamic militant group acknowledges mistakes in seeking to impose a religious lifestyle.

In explaining the change, several senior members said Hamas has matured in five years in power and learned lessons from the Arab Spring. Islamic groups that have scored election victories in the wake of pro-democracy uprisings in the region now find themselves trying to allay fears they seek Islamic rule.

Since seizing Gaza, Hamas had largely silenced opponents and tried to impose stricter religious rules on an already conservative society. Modesty squads asked young couples seen in public to show proof of marriage, told beachgoers to put on more clothes and ordered shop owners to cover up mannequins. High school girls came under pressure from teachers to wear headscarves.

In recent months, there's been a change in atmosphere, say rights activists and even political rivals of Hamas.

"Things are freer than before," said Nasser Radwan, whose family restaurant is one of the places where women again come to smoke water pipes.

THE ASSOCIATED PRESS

Evolving?

- Fawaz Gerges, head of the Middle East Centre at the London School of Economics, said he believes Islamists in Gaza are also evolving.
- "They realized that their wooden rhetoric no longer applies, that in the aftermath of the Arab Awakening, Palestinian public opinion demands a different behaviour," he said.

Comments on Palestinians condemned

KEVORK DJANSEZIAN/GETTY IMAGES

Newt Gingrich

A senior Arab League official condemned a statement yesterday by U.S. Republican presidential hopeful Newt Gingrich claiming Palestinians are an "invented" people, calling it racist and a cheap stunt to get votes.

In Israel, a couple hardline politicians welcomed Gingrich's comments.

Israeli cabinet minister Uzi Landau said Gingrich was "right."

Danny Danon, deputy speaker of Israel's parliament and a minority voice among his hawkish Likud party, said Gingrich "understands very well the reality we live in in the Middle East."

Gingrich also called Palestinians "terrorists." The comments struck at the heart of Palestinian sensitivities about the righteousness of their struggle for an independent state.

Gingrich later sought to clarify his position, with his spokesman saying he supports the creation of a Palestinian state as part of a negotiated settlement with Israel.

Many in Israel support the idea of an independent Palestine alongside Israel and recognize the Palestinian struggle for independence. THE ASSOCIATED PRESS

MEXICO

At least 3 killed in earthquake

A magnitude-6.5 earthquake struck in Mexico's western Guerrero state, shaking buildings and causing panic in the nation's capital and the Pacific resort of Acapulco. Officials said at least three people died, but there were no reports of widespread damage.

The U.S. Geological Service initially estimated the quake at magnitude at 6.8, but downgraded it to 6.7 and then 6.5. A quake of that magnitude is capable of causing severe damage, although the depth of this temblor lessened its impact.

The USGS said the quake occurred at 6:47 p.m. Saturday at a depth of 64.9 kilometres. It was centred about 42 kilometres southwest of Iguala in Guerrero and 166 kilometres south-southwest of Mexico City.

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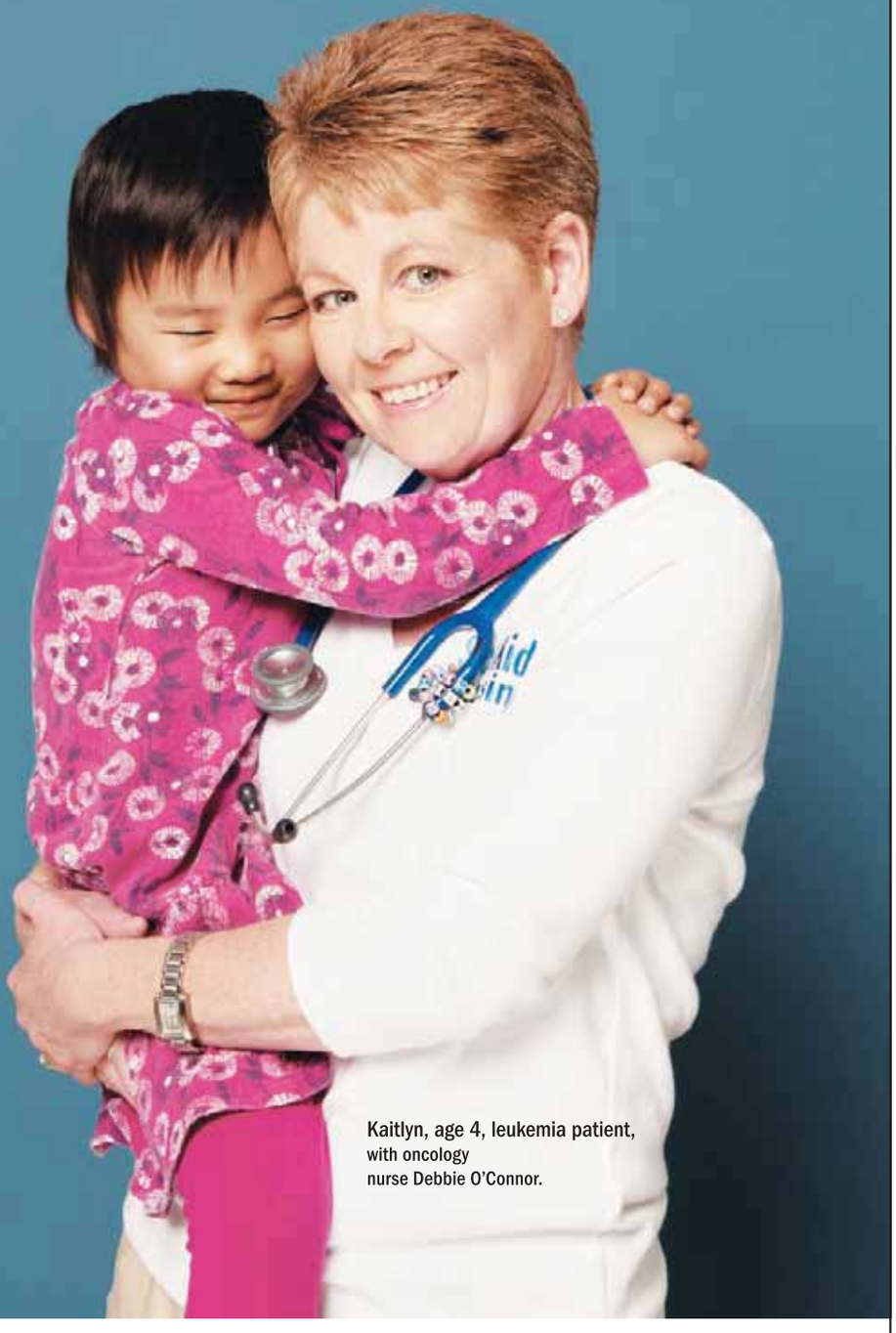

Kaitlyn, age 4, leukemia patient, with oncology nurse Debbie O'Connor.

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Tories take to Twitter

Staffers will respond to questions submitted in English and French at Treasury Board's town hall Clement to provide answers

SEAN KILPATRICK/THE CANADIAN PRESS

Treasury Board president Tony Clement reads from an iPad as he responds to a question during question period in the House of Commons recently.

The Conservatives are finally putting the social into their use of social media.

Treasury Board president Tony Clement will host the government's inaugural Twitter town hall this Thursday, taking questions for 90 minutes on the subject of developing an open government strategy for Canada.

While many MPs, as well as government departments and agencies, use social media tools like Facebook, Twitter and YouTube, they've all faced criticism for only using them as ways to push out information rather that interact in real-time with citizens.

That Clement is hosting the first live social media event isn't an accident.

His nickname in government circles is the "Minister for Twitter." He has over 19,000 followers and has used social media to make pronouncements of government policy as well as to speak directly to Opposition MPs, the media and Canadians, sometimes much to the chagrin of the prime minister's office.

THE CANADIAN PRESS

NDP MP riled

- **While the Opposition** commended the idea of the consultations, NDP MP Charlie Angus scoffed at the idea that it represents a commitment to open government.
- **Angus was particularly riled** that it is Clement heading up the initiative, given the NDP's assertion that Clement has misled Canadians on the handling of funds allocated for the G8/G20 summits.
- **"Because he goes on Twitter** and uses words like crowdsourcing, people are going to be fooled," Angus said.
- **"Open and accountable** government is knowing how decisions are made."

Social media

RISKY MOVE FOR CLEMENT?

Digital public affairs strategist Mark Blevis said Tony Clement is taking a risk with holding the formal Twitter event.

There will be inevitable criticism of which questions are and aren't answered and there's the possibility that many won't be on topic.

But Blevis cautioned against undue criticism, noting the government has to be given the chance to make mistakes in figuring out how to use social media. THE CANADIAN PRESS

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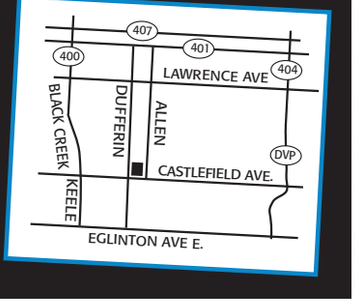

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France. Protest

▶ Christians holding a banner and French flags parade during a demonstration in Paris yesterday near the Rond-Point Theatre where Argentine author Rodrigo Garcia's play Golgota Picnic is being performed.

REMY DE LA MAUVINIERE/THE ASSOCIATED PRESS

Christians protest 'blasphemous' play

Christian protesters claim the play Golgota Picnic by Rodrigo Garcia is blasphemous. The banner reads: "France is Christian and must stay Christian." The play attacks consumer culture and religion and has provocative references to christianity.

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▶ Relief is on the way for families like that of Lisa Linklater, seen here with her children in a temporary shelter in Attawapiskat, Ont.

More homes for reserve

Third-party manager will continue duties: Duncan

The federal government has agreed to a demand from Attawapiskat for 22 modular homes to bring some relief to the isolated native community that has become a symbol of the brutal plight facing many of Canada's first peoples.

Aboriginal Affairs Minister John Duncan said yesterday that Ottawa has purchased an additional seven homes on top of the 15 previously announced, bringing the cost of the pre-fabricated structures to $1.8 million

He added that Chief Theresa Spence also agreed to renovations to the community's healing centre to temporarily house vulnerable residents until the homes arrive.

In a statement released yesterday, Duncan said wood stoves, composting toilets, plastic sheeting and other supplies were flown into the isolated Northern Ontario community Saturday.

"Our government is working to ensure the people of Attawapiskat have access to safe and warm shelter for the coming months," he said.

THE CANADIAN PRESS

ADVERTISING FEATURE

Insurance rates rise again

Consumers shouldn't think twice about switching insurance companies

The rates charged by different insurance companies to insure the same driver, with the same car, for the same coverage, can vary by hundreds and even thousands of dollars. But, if you're like most consumers, you worry that switching insurance companies means losing your "loyalty discount."

The truth is that switching insurance companies may cause you to lose your loyalty discount (if you had one in the first place), but that doesn't necessarily mean you'll pay more for car insurance or that you can't save a bundle in the end. The fact is, some insurance companies may provide a small discount on your premium if you've been with them for a long time – but that small discount can quickly become irrelevant if another company has a rate for you that is significantly less than what you're currently paying. After all, what good is 5% off of an annual rate of $1,500 (a $75 savings) if you could pay $1,100 (a $400 savings) with another company?

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Sadly, the misguided fear of repercussions from their current insurer is what keeps many consumers from taking action and shopping around. The truth is that your insurance company has no way of knowing if you are shopping around for a better rate. In fact, even if they did know you were checking out your options, you cannot be penalized in any way for trying to find a better deal. And even if you don't find a better rate, at least you'll know where you stand.

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Facebook pledge angers Russians

President promises investigation of election fraud Hundreds rally in downtown Moscow yesterday

After two days of silence, Russian President Dmitry Medvedev announced on his Facebook page yesterday that he has ordered a probe into allegations of electoral fraud during the Dec. 4 parliamentary vote.

But the post generated more than 2,200 mostly angry comments within an hour. "Shame!" and "We don't believe you!" were the most common.

Others asked Medvedev whether he really disagrees with the protest's main slogan, "We're for fair elections." Some wrote that Medvedev's message made them even more determined to take part in the next planned protest against electoral fraud, on Dec. 24.

Tens of thousands of Russians rallied in Moscow and other cities on Saturday in the largest anti-government protest in post-Soviet history to protest election fraud and to demand the departure of Prime Minister Vladimir Putin.

"I disagree with the slogans as well as with the speeches that were made at the rallies," Medvedev said on his Facebook page, but added that he gave instructions for a check of the reports of fraud. He did not mention who would carry out the probe.

The tech-savvy Medvedev, president since 2008, has enjoyed some support among an educated urban elite. But his intention to step aside to let his mentor Putin run for a third term as president has angered many of his supporters.

THE ASSOCIATED PRESS

Arabian. Lights

▶ A Qatari woman holds mascots of the 2011 Arab Games during the medal ceremony for the 10m air-rifle event yesterday in Doha, the capital.

FAYEZ NURELDINE/GETTY IMAGES

Arab Games foster unity

The wealthy Gulf nation of Qatar is hosting this year's Arab Games, giving it a chance to showcase its sports infrastructure before 2022's soccer World Cup, which will be staged here. Organizers also hope the event will inspire a sense of unity amid the uprisings that have toppled autocratic leaders in the region.

Ex-dictator returns home a prisoner

More than two decades after the U.S. forced him from power, Manuel Noriega returned to Panama from France yesterday to begin serving three 20-year sentences for the slayings of political opponents in the 1980s.

Noriega, who has served drug sentences in the United States and a money-laundering term in France, landed at Panama City's Tocumen airport and was whisked by helicopter to El Renacer prison

THE ASSOCIATED PRESS FILE

▶ Noriega

The 77-year-old former general, whose pockmarked face earned him the nickname "Pineapple Face," was a valuable ally of the CIA in the 1970s and '80s, helping the U.S. combat leftist movements in Latin America.

But as the Cold War waned, Noriega tightened his grip at home and began working with the Colombia-based Medellin drug cartel. He served 17 years in a U.S. prison and was then extradited to France.

THE ASSOCIATED PRESS

NYPD probes Facebook posts

The New York City Police Department is investigating whether officers made offensive comments on a Facebook page devoted to the annual West Indian Day parade in Brooklyn.

Officials said this week that at least 20 such comments made on the page may have come from police officers.

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Dogged determination

Columnist still pressing story of family dog riding on roof of Romney's car

It's not come up in any of the Republican presidential debates as he struggles to keep his campaign on course. He isn't faced with questions about the incident on the campaign trail. Animal rights activists haven't been heckling him in Iowa.

But it's a true story with a Canadian angle: Mitt Romney once made the 12-hour drive from Boston to Grand Bend, Ont., with the family dog strapped to the roof of his car.

New York Times columnist Gail Collins has refused to let the largely forgotten story die, mentioning the incident as many as two dozen times since Romney entered the Republican race for president, both in 2007 and in 2011.

The Boston Globe first broke the story in 2007 when it published a seven-piece profile of Romney after he launched his first presidential run.

In 1983, Romney was struggling to cram the kids and all their luggage and supplies into the family station wagon for the long drive to the Lake Huron shores of Grand Bend, where his family still owns a cottage at Beach O' Pines, a mostly American enclave in the area.

"Before beginning the drive, Mitt Romney put Seamus, the family's hulking Irish setter, in a dog carrier and attached it to the station wagon's roof rack," the Globe wrote of Romney, then a 36-year-old management consultant with Boston-based Bain and Company.

THE CANADIAN PRESS

KEVORK DJANSEZIAN/GETTY IMAGES

▶ Former Massachusetts Gov. Mitt Romney speaks during the ABC News GOP Presidential debate yesterday in Des Moines, Iowa.

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NASSER NASSER/THE ASSOCIATED PRESS

▶ Egyptian protesters pass by symbolic coffins covered with national flags honouring protesters killed in recent clashes with security forces, in front of the cabinet building in Cairo yesterday.

Egypt PM tears up over economy

El-Ganzouri blames corruption in the last decade of Mubarak's 30-year rule for country's ballooning deficit

Egypt's new interim prime minister broke into tears in front of journalists yesterday as he spoke about the state of the economy, saying it was "worse than anyone imagines."

Kamal el-Ganzouri, the third temporary prime minister since Hosni Mubarak's ouster in February, said his priorities were the restoration of security and economic progress. He said austerity measures were needed to start reducing the deficit but that no new taxes will be imposed.

El-Ganzouri said his government will not consider loans from the International Monetary Fund until the outlook of the Egyptian budget becomes clear.

Urban consumer inflation in Egypt rose to 9.1 per cent in November from 7.1 per cent in October. The unemployment rate climbed to 12 per cent from just under nine per cent a year earlier. International reserves dropped 40 per cent by October, compared with the end of 2010. **THE ASSOCIATED PRESS**

No jerks, please — we're British bankers

Barclays chief executive Bob Diamond says he has imposed a "no jerks" rule for the U.K. bank, which applies to bankers considered to be prima donnas, greedy, too ostentatious or failures as team players.

Between 30 and 40 Barclays employees have been encouraged to find other jobs for violating the standard. He cited a 2002 episode where six bankers ran up a $69,000 alcohol tab at a restaurant as "the no-jerk rule personified." **THE ASSOCIATED PRESS**

Camel herds dwindling

An insatiable appetite for camels is taking its toll. The population of the humpy beast in the Middle East is rapidly declining, threatening herds around the world.

According to the UN Food and Agriculture Organization, the stock of meat-producing camels in Saudi Arabia, slaughtered for the hajj pilgrimage, has decreased 39 per cent, from 426,000 in 1997 to 260,000 today.

In Pakistan, numbers are dropping because of camel racing. It's believed the camel population fell 20 per cent between 1994 and 2004 in Asia.

In Somalia, an estimated 50 per cent of the total population have died from the famine.

Meanwhile, Australia has for years been culling its camels. Introduced in the 18th century by British settlers, they have become an invasive species. **TORSTAR NEWS SERVICE**

The Metro Global Photo Challenge is now over The general public and our local judges have chosen the top Canadian finalists, who will now go on to compete against other international entries for a chance to win the global grand prize — a trip to any city where Metro is published

Snapping, sharing for top prize

Environment

Ghost House
by Mauricio Correa

MAURICIO CORREA

What was your inspiration?
This is an old and abandoned house near Quebec's Lac-Mégantic. This decaying house stands alone in the middle of a verdant landscape.

What were you trying to say with this picture?
I meant to capture the co-existence of decay and fertility. In nature, there is a cycle from birth to death. Here the landscape represents the eternal, the house, all that is transient. This old house epitomizes emptiness, solitude, decay. It is a ghostly testimony of better times, something that cries out for care and attention. The green landscape and the tree in full foliage symbolize the hope of life everlasting.

What do you hope people take away from your picture?
Nothing lasts like an image of transient nature frozen in time by the photographer's lens. There's still time to rebuild this planet.

Environment

Froggy Froggy
by Laura Makaltses

LAURA MAKALTSES

What was your inspiration?
I caught this photograph when I was hiking with my friend. We were walking by a pond when we heard the sound of the frogs croaking. The sound was so tranquil. I wanted to see where it was coming from. My friend and I found the frog and I took this shot. I was truly inspired by the sounds of nature.

What were you trying to say with your picture?
I am capturing the personality of the frog and its environment.

What do you hope people take away from your picture?
I hope people will understand the beauty of frogs and all animals. Many species all over the world become endangered every day. I hope that. after seeing my photograph, people will realize that we need to help keep our world's biodiversity alive.

Imagination

Sharp Mind by Adhi Kusumawardana

ADHI KUSUMAWARDANA

What was your inspiration?
I was inspired by a good friend who is a successful photographer and also an art director. He is a smart, talented and witty artist — his ideas are brilliant — but, as a person, very humble and down-to-earth.

What were you trying to say with your picture?
I was trying to show how success and prosperity will come to people who are sharp, virtuous and bold.

What do you hope people take away from your picture?
I hope that people enjoy the image as much as I enjoyed taking it.

Imagination

Christmas Spirit at Niagara Falls
by Ling-fai Leung

LING-FAI LEUNG

What was your inspiration?
Photography is an amazing form of art to let people visualize the internal feeling of a subject from its surroundings. There is beauty around all of us. One needs to be able to visualize this and record it to photos.

What were you trying to say with your picture?
I am always drawn to Niagara Fall's Evening Illumination, when different colours of light shine on the falls. This picture was taken at the balcony of Fallsview Casino Dec. 18, 2008. It was a quiet evening, snow could still be seen on the streets and rooftop and smoke coming from the chimney stack of the highrise building. I used slowest exposure to capture the water movement. It showed a very warm, romantic feeling of Christmas spirit.

What do you hope people take away from your picture?
I hope from this picture we can sense the peace and harmony of Christmas and feel how lucky we are to share this feeling with friends and family.

Moments of my life

Business Shower
by Felix Renaud

FELIX RENAUD

What was your inspiration?
A friend came up with the idea of taking a picture of him wearing his old jacket. We asked ourselves: How can a businessman be out of context? In a shower, of course!

What were you trying to say with your picture?
It's a funny way to describe a guy's normal morning in 2011. Everything is so fast and mechanical.

What do you hope people take away from your picture?
Whatever you do, there are only 24 hours in a day.

Relationships

Best Friend Four Leaf Hunters by Sarah Forbes

SARAH FORBES

What was your inspiration?
I was inspired by the relationship that my daughter and pet were developing.

What were you trying to say with your picture?
I was trying to capture the unspoken understanding between my daughter and pet. This photo captures the early stages of their relationship and the joy they both shared being outdoors.

What do you hope people will take away from your picture?
I am hoping people see the innocence of a young child and the love and protection our pet brings to our family.

METRO

Relationships

Silhouette Heart
by Emma Haidar

EMMA HAIDAR

What was your inspiration?
Taken on my birthday, my inspiration was to get a unique photo that shows love and the waterfront — two beautiful things in one, captured artistically.

What were you trying to say with your picture?
A silhouette is a perfect way to express something latently. The contrast makes the message stronger, in my opinion, and it showcases my husband and me, tells our love story.

What do you hope people take away from your picture?
"I hope they appreciate the artistic elements, and are inspired to take photos that tell their story without being the only subject of the image.

Moments of my life

Splash
by Laura Makaltses

LAURA MAKALTSES

What was your inspiration?
It was the very last day of summer. The sun was setting and my friends and I were still enjoying our last moments by the lake. I wanted to capture the moment.

2. What were you trying to say with your picture?
Summer doesn't last forever and we have to live every moment ... to its full potential.

What do you hope people take away from your picture?
"I hope ... people will remember some of their own holiday and summer moments. I want my photo to bring a smile to their faces."

Deezer coming to Canada

Paris-based music streaming service skips U.S., Japan markets

Canada will be one of Deezer's highest-priority markets when the music-streaming service launches here by the end of January 2012, says the Paris-based company's chief operating officer Simon Balderyrou.

Deezer, which charges a monthly fee for unlimited access to a collection of 13 million songs through the web or a mobile app, says it's planning to launch in more than 200 countries through next year.

Balderyrou says digital-music markets in the United States and Japan are too well established, and so Deezer is looking for other countries where there's a better opportunity.

In Canada, Deezer will match up against Rdio ($4.99 to $9.99) and Slacker Radio ($3.99).

Balderyrou says Deezer will offer a free trial when it launches in Canada, sometime before Jan. 31.

THE CANADIAN PRESS

SCREEN GRAB

▶ A screen grab of Deezer's Canadian website. The streaming service will be available by the end of January.

Market moment

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Suncor pulling out of Syria

Calgary-based oil giant Suncor Energy Inc. is suspending its operations in Syria following the imposition of economic sanctions against the regime of President Bashar Assad.

Pressure to pull out has been mounting on Suncor which works with the General Petroleum Corp. and is still known in Syria as Petro-Canada.

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ELIANNA LEV/METRO

▶ Dennis Findlay in the research library of the Canadian Gay and Lesbian Archive.

UNCOVERING THE PIECES OF GAY HISTORY

URBAN COMPASS

ELIANNA LEV
METRO TORONTO

It would be too obvious to describe the history of Canada's gay community as "colourful," so instead I'll call it ample, abundant and rich. Anyone who's visited the Canadian Gay and Lesbian Archives, as I did recently, will understand what I'm talking about.

The archives, which were started in 1973 by gay rights magazine the Body Politic, are brimming with just about every kind of artifact imaginable relating to the Canadian queer community.

Monograms, bibliographies, photos, newspaper clippings, flyers, posters, business cards, audio/visual material, books, art — all of it is housed among the many rooms in the bright and spacious heritage home on Isabella Street.

"Our focus from the beginning was to collect the queer history of Canada," says Dennis Findlay, the extremely friendly vice-president of the archives. They even collect historical artifacts from other parts of the world, like Africa and Russian, where materials might otherwise have been destroyed.

As a result, the place is overflowing with history. Literally. Findlay takes me through the different rooms in the three-storey house — the research room, which is tight with filing cabinets and book shelves; a library that is lined with a rare book collection; a gallery, which exhibits several different shows by queer Canadian artists every year.

Findlay admits that they're 10 years behind in archiving, because the "the stuff keeps on coming."

(There's another storage site on Wellesley, which is where the queer periodical collection is kept — the largest of its kind in the world.)

A staff of more than 80 volunteers, including five trained archivists, run the place. Findlay gives them all the credit.

"What we are today is a result of their dedication and hard work," he says.

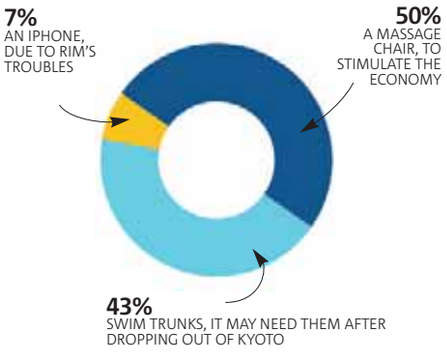
Some of the more unusual items that have been donated include a boxing championship belt from lightweight Mark Leduc, a scepter from the monarchist society, and the typewriter used by playwright John Herbert when he wrote Fortune and Men's Eyes.

Findlay admits they do receive a lot of donated art, which they often auction off once a year to raise money for the archives. "We have to come to the decision of how it fits into our mandate," he says. "Or is it just a (photograph) of a nice bum?"

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What present would you give Canada for the holidays?



Local tweets

▶ **@TOMayorFord:** Still smiling @ the fun @CouncillorMB and I had yesterday @ #TheNutcracker. Thanks to all @NationalBallet for making it happen #Toronto #FB

▶ **@ItsTheSituation:** Congrats to Bones JoNes UFC Toronto Light heavyweightChampion ! Afterparty London!Toronto Situation Gtl FtD C u there mobile.twitter.com

▶ **@cSauve24:** To be honest I'd rather watch a toronto maple leafs game than study for bio. I also think biology would beat the leafs in a game of hockey

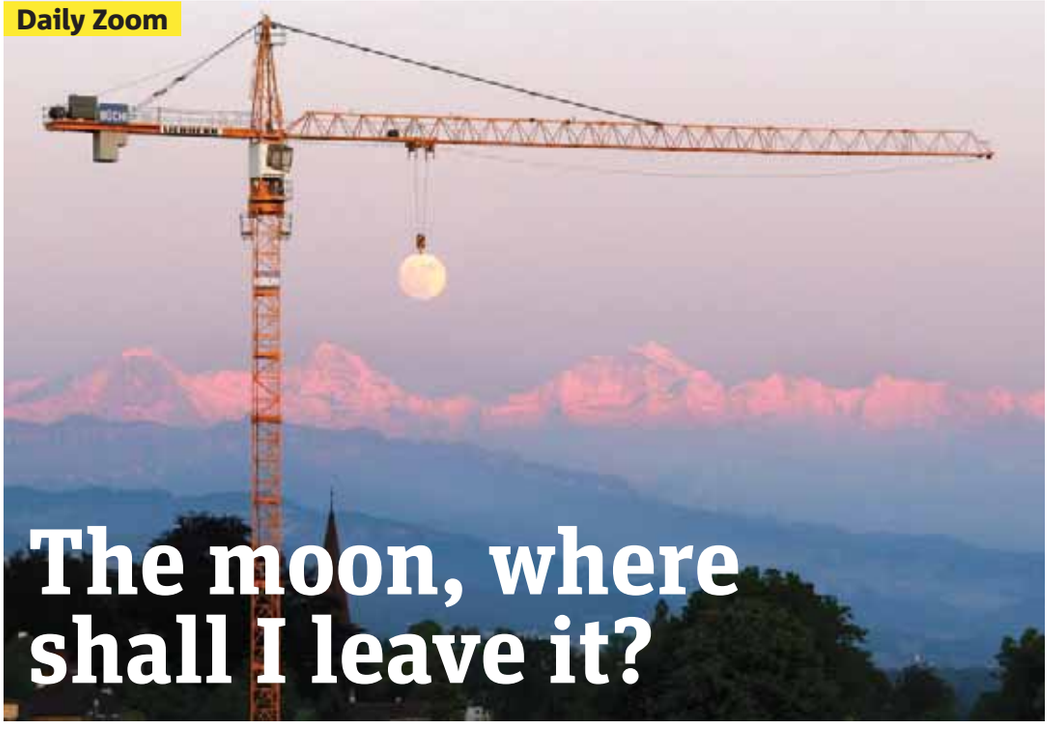
▶ **@SBABICC:** LAST NIGHT I WAS AT SOME JAM IN TORONTO AND S CLUB 7 WAS PLAYING

▶ **@BanuThatsMyName:** @RobertFisher127 @MubarizA its all about Toronto Maple Leafs!!!

▶ **@roklinedotcom:** The Sheepdogs Play It Cool At "Lee's Palace" In Toronto - bit.ly/svdXnZ

Daily Zoom

BRUNO GERBER/SOLENT NEWS



The moon, where shall I leave it?

Crane 'carries' moon in illusion

SWITZERLAND. They're good at banking, making cuckoo clocks and chocolates, and it looks like the Swiss are also handy at getting a hook onto the moon. In truth, this is just an optical illusion, an amazing example of forced-perspective photography. Bruno Gerber took this shot from his friend's roof terrace in Bern. ● METRO WORLD NEWS

"I waited seven minutes for the moon to rise and get 'hooked' onto the crane."
BRUNO GERBER, AMATEUR PHOTOGRAPHER

'Keep eyes open' for visual gag

EXPERT TIPS. The 37-year-old corporate lawyer from near Zurich offers advice on a mind-boggling image: "Keep your eyes open, think ahead (e.g., where the moon or sun will go, how a shadow moves) and don't sit idle. But I'm not a fan of overly set up, silly illusion shots with people." ● METRO WORLD NEWS

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CBC IS YOUR HOME FOR THE *Holidays*

Go online to
cbc.ca/holiday
for our full schedule.

2011 HOLIDAY PROGRAM GUIDE

CBC

December

Monday, 12	**2 pm**	Steven & Chris - Holiday Week
Tuesday, 13	**8 pm**	22 Minutes: Holiday Special
	9 pm	Gerry Dee – Life After Teaching
Wednesday, 14	**8 pm**	Dragons' Den – Holiday Special
	9 pm	Season of Song: Canadian Tenors & Friends
Thursday, 15	**8 pm**	Rudolph the Red Nosed Reindeer
	9 pm	Stars On Ice 2011
Friday, 16	**8 pm**	Polar Express
Sunday, 18	**5 pm**	Disney: I'll be Home For Christmas
	7 pm	Mickey's Christmas Carol
	7:30 pm	Frosty Returns
	8 pm	National Lampoon's Christmas Vacation
Monday, 19	**2 pm**	Steven & Chris - Holiday Week
	8 pm	The Santa Clause
Tuesday, 20	**8 pm**	The Santa Clause 2
Wednesday, 21	**8 pm**	The Santa Clause 3
Thursday, 22	**8 pm**	A Christmas Story
Friday, 23	**8 pm**	Nativity
	11:05 pm	George Stroumboulopoulos Tonight Holiday Music Special
Saturday, 24	**6 am**	Kids' CBC Holiday Morning
	8 am	The Cat in The Hat - Snowman's Land
	8:30 am	Super WHY!: 'Twas the Night before Christmas
	9 am	The Doodlebops - A Happy Doodle Holiday

* Check Local Guides. Programming varies by region.

Saturday, 24 continued	**12 pm**	Leon In Wintertime
	12:30 pm	The Forgotten Toys
	1 pm	Christmas Dreams
	2 pm	Mr Magoo's Christmas Carol
	3 pm	Olive the Other Reindeer
	4 pm	Goose on the Loose
	6:30 pm	Stuart McLean's Vinyl Café
	7 pm	Season of Song: Canadian Tenors and Friends
	8 pm	Miracle on 34th St (1994)
	10 pm	Scrooge
Sunday, 25	**12 am**	Handel's Messiah
	1 am	Joy to the World! A Holiday Concert
	2 am	Solo Noel
	3 am	Season of Song: Canadian Tenors and Friends
	12 pm	The Queen's Christmas Message
	12:07 pm	Disney Parade
	1:55 pm	The Forgotten Toys
	2:20 pm	Mr. Magoo's Christmas Carol
	3:15 pm	Booky & the Secret Santa
	4:45 pm	Lassie
	6:20 pm	Miracle On 34th Street (1947)
	7:55 pm	The Queen's Christmas Message
	8:05 pm	Frosty Returns
	8:30 pm	A Heartland Christmas

Monday, 26	**9 pm**	Anne Murray - Friends and Legends
Tuesday, 27	**8 pm**	Happy Feet
Wednesday, 28	**8 pm**	Dragons' Den - Holiday Special
Thursday, 29	**8 pm**	Force of Nature: The David Suzuki Movie
Friday, 30	**8 pm**	Stars On Ice 2011
	9 pm	The Mansbridge Conversations: 2011
Saturday, 31	**6:30 pm**	Scotiabank Hockey Tonight
	7 pm ET	HNIC - Toronto @ Winnipeg
	7 pm ET	HNIC – Ottawa @ Buffalo
	7 pm ET	HNIC – Montreal @ Florida
	10 pm ET	HNIC – Vancouver @ Los Angeles
Sunday, 1	**7 pm**	22 Minutes: Holiday Special
	8 pm	Air Farce NOT The New Year's Eve Special
	9 pm	Ron James Show Holiday Special
Monday, 2	**7 am**	Kids' CBC New Year Music Special Artzookapalooza
	12:30 pm	Scotiabank Hockey Tonight
	1 pm	HNIC: NHL Winter Classic

HOCKEY NIGHT in Canada

cbc.ca/holiday

NEW YEARS DAY on CBC

22 MINUTES:
HOLIDAY SPECIAL
JANUARY 1st at 7

AIR FARCE
NOT THE NEW YEAR'S EVE SPECIAL
JANUARY 1st at 8

RON JAMES SHOW
HOLIDAY SPECIAL
JANUARY 1st at 9

shop cbcshop.ca

Visit **www.cbcshop.ca** for great gift ideas for the entire family!

CBC

ALL I WANT FOR CHRISTMAS...

GIFT CARDS GROWING IN POPULARITY

Gift cards — a phenomenon that seemed new in 2000 — have practically taken over holiday gift giving.

The vast majority of retail companies now offer them, said Brent Houlden, national retail leader for Deloitte Canada. "From the customer's point of view it's all personalization, and simplicity, and convenience," he explained.

Simply put, gift cards are the answer to an age-old problem — the unwanted gift, said Houlden.

The beauty of a gift card is that it lets the gift recipient choose exactly what they want, said Tiffany Bourré, external communications manager for Hudson's Bay Company.

"It virtually eliminates the guess work from gift purchasing," said Bourré. It also eliminates the possibility of returns (and in some cases offending the gift giver by doing so)."

That said, the gift card still needs to suit the recipient, she advised. "There is no question that gift cards have become a more accepted alternative for gift giving in general, but fair to say that often they slant to a younger demographic."

Whatever your age, on many occasions gift cards make sure that gift givers and recipients avoid embarrassment or hard feelings, said Houlden. "If you bought me the red hat and I didn't want the red hat, then you're upset because I didn't like your taste," he explained. "That's why gift cards have taken off so much."

The only problem is that they can seem a little impersonal, said Houlden.

"If I'm giving you a wedding gift and I just give you cash, there's no emotional connection there," Houlden said. People want to be remembered for the gifts they give, he explained.

Now companies are looking for ways that gift givers can easily personalize their gift cards — digitally. In the next few years we'll see techologies tailored to allowing gift givers to send a personalized photo or video along with their gift cards, said Houlden.

Buyers can also get gift cards online without having to set foot in a store. Many brands have them available to purchase online, so they're easy to send to faraway friends and family.

The future is mobile and the days of the plastic gift card are numbered, said Houlden. "One person will send a gift card to another electronically and it'll just load into the gift recipient's cell phone," he predicted.

"I think it's the next generation that people should be watching for."

GIFT CARD TIPS

GET A CARD FOR LESS
Make sure you negotiate a discount if you buy in bulk.

BUY DISCOUNTED ITEMS
Boxing Day!

TAKE ADVANTAGE OF RELOADING DISCOUNTS
Starbucks, for example, gives customers the option of automatically reloading, and rewards them for it with free drinks.

PERSONALIZE
Include a homemade card or recorded message (e.g. Christmas carol) to send your best wishes.

HOW TO GET MORE OUT OF GIFT CARDS THIS HOLIDAY SEASON

STRETCHING YOUR BUDGET

For the fifth year in a row, gift cards top the list of most popular presents to receive. But before you stock up on these holiday favourites, make sure you're getting the most for your money. Frances Ho, founder of CardSwap, Canada's leading site for buying and selling gift cards, offers these expert tips for stretching your budget a little further:

- **Turn points from loyalty programs such as Air Miles or Aeroplan into gift cards.**
- **Browse sites such as CardSwap.ca (for Canada) or Plastic Jungle (U.S. only) to find gift cards for 10 to 15 per cent below face value.**
- **Avoid overspending: Use a prepaid Visa card to purchase all your gifts. Once the card is depleted, you are done!**
- **When you receive gift cards, save them for Boxing Day or early January. That's when stores offer their best deals, so your card has more buying power.**
- **Don't waste your gift cards by letting them sit in a drawer. If you haven't redeemed them by February, consider converting them to cash through a site like CardSwap.ca.**

Ho also suggests rounding up old gift cards and selling them online to make some quick holiday cash. She says the average family has several unused cards lying around the house — and they could see as much as 92 per cent of that face value. That could offer a welcome boost to this year's gift-giving budget. Happy Shopping!

SAVE UP TO 25% buy discounted GIFT CARDS
CASH UP TO 95% sell unwanted GIFT CARDS
CardSwap
CardSwap.ca - Canada's #1 place to buy and sell gift cards.
Here is $5
Towards a gift card from any store*
Post picture of this coupon on www.facebook.com/CardSwap to redeem and for details.
* valid toward any gift card available on CardSwap, which offers discounted gift cards from over 300 of Canada's largest retailers.

OUR FINEST NOTRE EXCELLENCE

WHAT IS IT?
A new line of delectable foods from Walmart. They're easy to prepare and affordable — appetizers starting at $5 a box.

WHAT MAKES OUR FINEST DELICIOUS?
Recipes are made with high quality ingredients and were carefully chosen by a team of food experts.

THE FOOD
Find almost 100 dishes from wonton-wrapped shrimp to grain-fed young turkeys, basted with real butter to cocoa-dusted Belgian truffles.

HOLIDAY ENTERTAINING MADE EASY WITH OUR FINEST

HIGH QUALITY FOODS EXCLUSIVE TO WALMART

Canadians don't want to sacrifice quality when they celebrate with family and friends this holiday season, said Sandra Farwell, director of private brands — foods for Walmart Canada.

That's why the company is introducing Our Finest, a new line of delectable high-quality foods exclusive to Walmart, said Farwell.

"Many Canadians are staying in this holiday, and that equals a lot of home cooking and entertaining," said Farwell.

Our Finest costs less than the national leading brands — appetizers start as low as $5 a box. "Entertaining should be easy and affordable," insisted Farwell.

FROM THE OUR FINEST MENU:

APPETIZERS
Farwell suggests starting the party with melt-in-your-mouth pastry appetizers, like the Our Finest salmon and dill in puff pastry or cheese and applewood smoked bacon mini tarts.

Authentic international favourites like mini vegetable samosas with tamarind sauce ($5), Greek spanakopita ($5), or an assortment of Angus beef, Italian, and Swedish meatballs ($8) are also a popular pre-dinner indulgence.

DRINKS
Find the perfect drink for the occasion from the wide selection of non-alcoholic sparkling beverages including mojito, sangria, and margarita ($2.77 for a pack of four).

MAIN COURSE
A tantalizing centrepiece to any holiday table, the Our Finest spiral ham is cured and naturally smoked with hickory chips. It comes pre-cooked and pre-sliced, with an easy-to-prepare glaze, so it's great for those who want to spend less time cooking and more time relaxing with friends and family.

DESSERT
The Our Finest chocolate and toffee collection ($8.97), the all-natural English wine gums ($4.98) and liquorice allsorts ($4.98) make a beautiful statement on a tiered serving dish, and provide enough variety to tickle the taste buds of all your guests.

Try finishing off the feast with the Our Finest candy cane ice cream ($4.97), made with real dairy cream, mint chocolate bark, and candy cane pieces.

"We're confident Canadians will be proud to serve these items as part of their festivities," Farwell said.

HOW TO HOST A GREAT PARTY

KEEP IT SIMPLE
Sometimes the simplest dishes are the most delicious, and fine pre-prepared foods are perfect for taking the pressure off if you don't have much time to spare.

KNOW YOUR GUESTS
Understand your guests' likes and dislikes, and make sure to provide vegetarian options.

PRE-PREP
Get ready well before the party starts — the slicing and dicing, the food presentation, the decorating.

CREATE A MOOD WITH FESTIVE NAPKINS, PLATES, CUTLERY & GLASSES
Accent your home with festive candleholders, serving dishes, and other decorative touches to create a warm holiday atmosphere.

COMPILE THE PERFECT SOUNDTRACK
Consider the musical tastes of your guests, throw in some old favourites, and mix it up a little. Variety is key.

RELAX AND ENJOY THE PARTY
Make the time to chat with your guests. That's what really makes a great party — the good company and scintillating conversation.

Not sure what to get them this Christmas?
How about everything.

This Christmas give them the *Gift of Choice* with a Walmart Gift Card.

Creating happy holiday moments.
Walmart. Save money. Live better.

See store for details.

Carte-cadeau
Walmart TM/MC
Gift Card

A CANADIAN RETAIL ICON IS READY FOR THE HOLIDAYS

SEARS' GIFT CARDS OFFER CHOICE, FLEXIBILITY

In 1953, General Robert E. Wood, the legendary Chairman of Sears Roebuck, and Co., Chicago, sent a letter to Edgar G. Burton, President of the Robert Simpson Company of Toronto, to propose a partnership between their two companies in order to serve the Canadian market.

Today — almost 60 years later — Sears Canada is a multi-channel retailer with a network that includes 196 corporate stores, 285 hometown dealer stores, 31 home services showrooms, more than 1,700 catalogue merchandise pick-up locations, 108 Sears Travel offices and a nationwide home maintenance, repair, and installation network. Sears also publishes Canada's most extensive general merchandise catalogue and offers shopping online at sears.ca.

YES, WISHES DO COME TRUE — AT SEARS

Something that hasn't changed in six decades is Sears Canada's ability to make wishes come true, especially at Christmas time. Who's not familiar with the Sears Holiday Wish Book and the sight of a Sears store festively turned out for the Christmas season?

What has changed in 60 years is the Sears ability to stay current and relevant for Canadian consumers, including a strong online presence that's open 24/7 at sears.ca. If there's no time to visit the Sears store, busy moms and dads strapped for time can find almost anything online. And, for those hard-to-by-for individuals, Sears offers gift cards that offer choice and flexibility when it comes to gift giving. Sears gift cards can be purchased and redeemed across different channels, including stores, online as well as through the catalogue.

CHOICE, CHOICE AND MORE CHOICE

"Cards can be redeemed towards almost anything Sears has to offer," says Carla Seaquist, Product Manager, Gift Cards. "That includes purchases made in our stores, for your next travel destination, for a new roof or windows, or for your next family photo shoot." The choices don't end there.

Along with its proprietary gift cards, Sears also sells third-party gift cards. "We now offer everything from iTunes and Petro-Canada cards to Chapters Indigo and long-distance calling cards. You could say that we are a destination for gift cards. We've also partnered with Life Experiences.ca — the Canadian leader in experience gifts. There's no need to go anywhere else for your gift," says Seaquist.

A FIRST-EVER GIFT CARD STORE

If you visit Toronto's Eaton Centre (Yonge and Dundas) this holiday season, you might want to check out Sears new gift-card store located at the main-level entrance of the mall. The "Gift Card Shop" offers Sears cards as well as a wide range of third-party cards (i.e. iTunes, Petro-Canada, Chapters/Indigo and long-distance cards).

THE PERFECT GIFT IS IN THE CARDS

WITH THE BUFFET OF GIFT CARDS OUT THERE, WHY CHOOSE SEARS?

GET PERSONAL

Sears offers a website (searsgiftcards.ca) where you can upload your favourite family photo and have it printed on a gift card. It's a great way to send someone a personalized gift right to his or her door. And why not select a special tin online to dress up your gift? If you don't have that perfect holiday family picture yet, there's also a link along with a special offer to Sears Portrait Studio where you can have your pictures saved on a CD. This way you can upload your pictures and use them on the personalized website to create a unique card.

NO FEES, NO EXPIRATION DATE

With Sears gift cards, you don't pay any additional fees nor do you have to worry about expiration dates (because there aren't any!). Gift cards are accepted at all Sears Department, Hometown, Outlet and Home Furnishing stores as well as through all of their service agents such as Sears Travel, Home Services and select licensed departments.

FLEXIBILITY

Gift cards are available in denominations ranging from $10 up to $500. There are many designs from which to choose — from the simple and elegant to the fun and festive. You can select one of the existing designs or create your own through the personalized gift card service. If you're a business looking for gift cards: Sears has a team that will deliver your holiday needs, just call 1-866-297-5306 or visit searsincentives.ca.

GIFT CARD PAIRINGS

If you love the idea of giving a card, but want to add an extra something special, you'll find some fun and interesting gift-card pairings available through Sears, for example, for $3.99 you can purchase Bosely™ the Beaver and Help support youth in your community, 50¢ from every sale will go to programs that promote the healthy development of youth.

THE IDEAL BUSINESS OR WORK GIFT

Sears Incentives Gift Cards are the perfect solution to reward employees, show appreciation to clients or customers, mark special occasions and so much more. Cards are available in any denomination from $5 to $500. Volume rebates are available for bulk purchases. For more information, please call 1-866-297-5306 or visit searsincentives.ca.

Sears

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gift cards to fulfill every WISH

VISIT THE GIFT CARD SHOP AT **SEARS YONGE & DUNDAS**

CALL 1.800.267.3277

CLICK sears.ca

COME IN

GIVE THEM WHAT THEY REALLY WANT

INDIGO GIFT CARDS REDEEMABLE IN-STORE, ONLINE

With Indigo gift cards, it's easy to give the gift they really want, redeemable both in-store and online, in both physical and electronic formats. Easy to give, easy to use on your favourite books, gifts and toys.

One of the easiest ways to exchange gifts this season is with Indigo's electronic gift cards. Conveniently purchased from Indigo's website, the electronic gift card is emailed directly to your recipient on a selected date. Choose from eight colourful holiday themes, in amounts from $2-$500. The traditional gift card, in amounts of $25, $50 and $100, is delivered right to your recipient's doorstep. All gift cards may be redeemed at Indigo, Chapters, Coles, kobo.com and indigo.ca.

What are this season's hottest gift items to redeem your gift cards? Indigo's annual best books list provides an easy gift inspiration for holiday shoppers. And teen books remain the biggest selling category behind adult fiction at Indigo and Chapters stores nationally.

But Indigo isn't just about books. "Indigo is Canada's largest purveyor of ideas and inspiration, at the heart of which is books and eReading but also includes a vast array of specialty toys, gifts and beautifully designed and affordable home décor that offer intrinsic quality, beauty and timelessness of design," says Janet Eger, Vice-president of public relations.

Another popular choice when redeeming gift cards this season is the Kobo family of eReaders, including the Kobo Vox Colour eReader, Kobo Touch WiFi, and the Kobo WiFi, as well as a range of stylish accessories. The new Kobo Vox is a 7-inch colour tablet pre-loaded with all the essentials including email, Web and media players and more than 15,000 Android Apps available.

Lots of great gifts for kids, tweens and teens can be purchased with the gift card. This holiday season, Canadians will be seeking unique and affordable gifts that touch the heart, mind and soul of every child on their list. Situated within Indigo and Chapters stores, IndigoKids shops boast 3,000 square feet of books and toys for children under 12 years old.

FREE SHIPPING ACROSS CANADA FOR PURCHASES OVER $25

In time for the busy holiday shopping season, Indigo's website features an easy and convenient online shopping destination for Canadians, where purchases over $25 ship free to anywhere in the country. Find out what products your friends "like" and "share" with Indigo's Facebook activity feed. Visit indigo.ca, become a fan at facebook.com/chaptersindigo, or follow Indigo on Twitter at twitter.com/chaptersindigo. "We're transforming our retail and online experience from a traditional bookstore to that of a unique retail experience that enriches customers' lives," says Janet Eger, vice-president of public relations.

Did you know that when you purchase a gift card holder, you're contributing to the Indigo Love of Reading Foundation? Choose from numerous styles and price points of gift card holders, from $1 sleeves to $4.99 plush bears and faux leather books in between at $1.99, with a portion of proceeds benefiting the Love of Reading Foundation.

The mission of the Indigo Love of Reading Foundation is to give every child a strong literacy foundation, providing $1.5 million in grants each year to high-needs elementary schools across Canada. And each fall, Indigo partners with the Foundation to host Indigo Adopt-A-School, where stores select a partner school to help replenish their libraries.

For every $25 gift card purchased, Indigo made a $12 donation to the adopted school.

Indigo gift cards are also one of the most appreciated gifts for teachers. Many people may not realize that, according to a Canadian Teacher's Federation study, teachers contributed an average of $453 per year on classroom materials that will not be reimbursed. So it's no wonder that according to a 2010 Indigo survey, nine out of 10 teachers preferred to receive gift cards from Indigo for Christmas and year-end "thank you" gifts.

TWEET YOUR SHOPPING LIST

Could you use some social networking help with your Christmas shopping list? Indigo has just launched #IndigoGiftSOS. Users can tweet their gifting dilemma and append the hashtag #IndigoGiftSOS to receive tailored recommendations from the little elves at Indigo. Followers can use #IndigoGiftSOS all the way through Dec. 24.

MUST-READ BOOKS

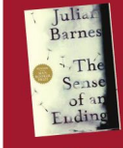
Indigo's book buying team reads hundreds of titles every year to create a compilation of must-read books. Here's Indigo's best of 2011 list:

HALF-BLOOD BLUES
Esi Edugyan – winner 2011 Scotiabank Giller Prize

THE CAT'S TABLE
Michael Ondaatje – Ondaatje's most personal

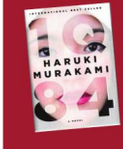
THE SISTERS BROTHERS
Patrick Dewitt – winner 2011 Governor Generals' Literary Award for Fiction

THE NIGHT CIRCUS
Erin Morgenstern – a totally original, enchanting debut



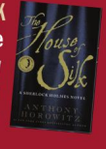
THE SENSE OF AN ENDING
Julian Barnes – winner 2011 Man Booker Prize

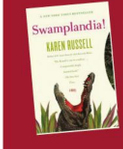
THE ART OF FIELDING
Chad Harbach – a perfect book for Dad



1Q84
Haruki Murakami – long awaited masterpiece; taut, mind-bending story

THE HOUSE OF SILK
Anthony Horowitz – the first Sherlock Holmes story authorized by Sir Arthur Conan Doyle's estate





SWAMPLANDIA!
Karen Russell – a quirky, spooky book from a young writer to watch

11/22/63
Stephen King – speculative fiction reviving vintage Stephen King

REAMDE
Neal Stephenson – an action-packed thriller driven by ideas and questions

MORE *choice*. LESS WRAPPING.

The Indigo gift card. The card everyone loves to receive.
Redeemable on books, ebooks, gifts, toys and more.

Indigo | Chapters | Coles | indigo.ca

Your one stop holiday shop

Need last-minute gift advice? Tweet your request using #IndigoGiftSOS for suggestions from experts!

GIVE THE GIFT OF GREAT EATING WITH RICHTREE

PEOPLE CAN BE TOUGH TO BUY FOR, BUT EVERYONE LIKES GOOD FOOD

That's why Richtree Market Restaurants makes it easy to give the gift of great eating. With a Richtree gift card, your family, friends or co-workers can choose the meal they want most, whenever they want it. And during this holiday season, Richtree is even offering something extra.

Between now and Dec. 31, you'll receive a free $10 Bonus Card when you purchase $50 in Richtree gift cards — or a free $5 Bonus Card when you purchase $25 in gift cards. Bonus Cards can only be redeemed from Jan. 1 to Feb. 29, 2012.

Richtree gift cards can be a big gift or a little one — they're available in whatever denomination you choose. Purchase one onsite at any Richtree restaurant and use it there, or at any other location you wish to visit.

Anything Richtree serves, from fresh sandwiches and salads to hot entrees and premium coffee, can be bought with the card.

Best of all, the Richtree gift card never expires. You can spend it all at once or spread out its value over several visits. To check your card's balance, simply go to richtree.ca/giftcard, type in the card number and PIN, and you'll have it.

This month will be a busy one, with lots of decisions to make. By giving a Richtree gift card, you let the people you care about decide for themselves — and the options are delicious.

ST. LOUIS BAR & GRILL'S CARDS REDEEMABLE ACROSS ONTARIO

THE FOOD'S HOT AT ST. LOUIS BAR & GRILL — NO MATTER HOW COLD IT GETS OUTSIDE

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You can check your card balance online anytime, by entering your card number. Just don't be surprised if that balance gets eaten up quick. As frequent eater Mario put it recently on St. Louis' Facebook page: "I'm addicted to the new Boneless wings with the Dill sauce. Hear me gift buyers: I dig it!"

Hockey heaven

Hockey Hall of Fame Treasures features more than 200 colour photographs chronicling Canada's game

Fuhr-ious: Grant Fuhr wore this late model form-fitting mask while playing with the Edmonton Oliers in the early 1980's before switching to a modern mask and cage setup.

The Golden Goal: Sidney Crosby of Cole Harbour, N.S., scored 7:40 into overtime of the men's gold-medal final at the 2010 Vancouver Olympics with this puck. Canada defeated the U.S. 3-2, claiming Olympic gold for the second time since 2002. The game was the most-viewed hockey game in history, and Crosby's marker gave Team Canada the most gold medals by any nation in one Winter Olympic Games.

The Last Goal He Ever Scored: Toronto's Bill Barilko used this puck to score an overtime Stanley Cup winner against Gerry McNeil and the Montreal Canadiens on April 21, 1951. The goal was Barilko's last, as he and Dr. Henry Hudson, a friend, died tragically in a plane crash on their way to a fishing trip four months after the goal. The bodies of Barilko and Hudson were found 11 years later, in 1962, the same year the Leafs would next win the Cup.

From Russia With Love: Calgary Flames jersey worn by Sergei Priakin, the first Soviet to be given permission to play in the NHL, during the 1988-89 season.

Canada's First Gold: Winnipeg Falcons Team Canada sweater worn by Konrad Johannesson at the 1920 Summer Olympics in Antwerp, Belgium, which was the first Olympics to feature hockey. Canada won gold.

Lord Stanley's Cup: The original Stanley Cup bowl, professionally engraved with the names of championship teams and amateurishly scrawled with the scratchings of championship-team members, including Fred W. Taylor (also known as "Cyclone") whose name can be seen scratched on the Cup under the "Ottawa 1904" entry. Taylor won the Cup with Ottawa in 1909 and with Vancouver in 1915.

Gordie the Great: Gordie Howe wore this jersey toward the end of his career with the Detroit Red Wings, where he played from 1946-47 to 1970-71. Over that time in Detroit Howe amassed 786 goals and 1,023 assists for a remarkable 1,809 points.

Hockey Hall of Fame Treasures

- **Editor:** Steve Cameron
- **Photographer:** Matthew Manor
- **Publisher:** Firefly Books (fireflybooks.com)
- **Price:** $39.95
- **Visit:** clubmetro.com for your chance to win a copy of this book.

TEXT PROVIDED BY FIREFLY BOOKS
ALL PHOTOS BY MATTHEW MANOR AND COURTESY OF FIREFLY BOOKS

2 scene

Box office

The holiday spirit is eluding Hollywood. Overall domestic revenues are expected to come in below the dismal $81 million haul a week ago, which had been the low weekend so far this year. The star-filled romance New Year's Eve led this weekend with a weak $13.7 million debut. Jonah Hill's comedy The Sitter opened at No. 2 with just $10 million.
THE ASSOCIATED PRESS

Patton Oswalt: Filming love scene with Charlize Theron for Young Adult was a 'nightmare'

GREAT MOVIES BACK TO BACK,
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W NETWORK

Success ‘beyond anyone’s wildest dreams’

Arcade Fire coming off monumental year Triumphs continue to bring attention to Montreal music scene

It was a year in which Arcade Fire burned brightly.

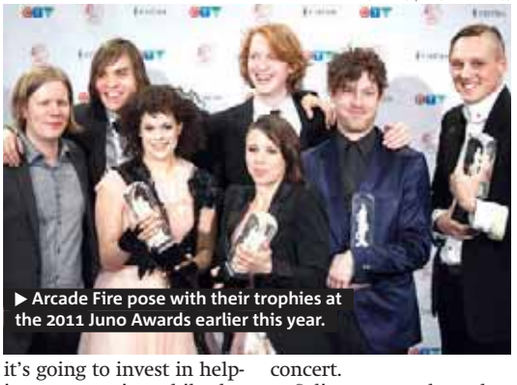
The coveted Grammy Award for Album of the Year, honouring their latest release The Suburbs, kicked off a slew of honours won by the Montreal-based indie band in 2011.

By the end of the year, they had also swept the same categories at the Juno, Polaris and Brit awards, and taken home anglophone album of the year from Quebec’s L’Autre Gala de L’ADISQ.

After giving an international shout-out to their Montreal hometown at the Grammys, they also found time to say thanks to their local fans in September with a free outdoor show downtown, which packed in around 100,000 people.

And that gratitude is about to continue into the new year as the band says it’s going to invest in helping young artists while also working on their next undisclosed recording project.

DARREN CALABRESE/THE CANADIAN PRESS



▶ Arcade Fire pose with their trophies at the 2011 Juno Awards earlier this year.

“Their success has gone beyond anyone’s wildest dreams — even them, I believe,” says Dan Seligman, the creative director and co-founder of the Pop Montreal indie music festival, which hosted the outdoor concert.

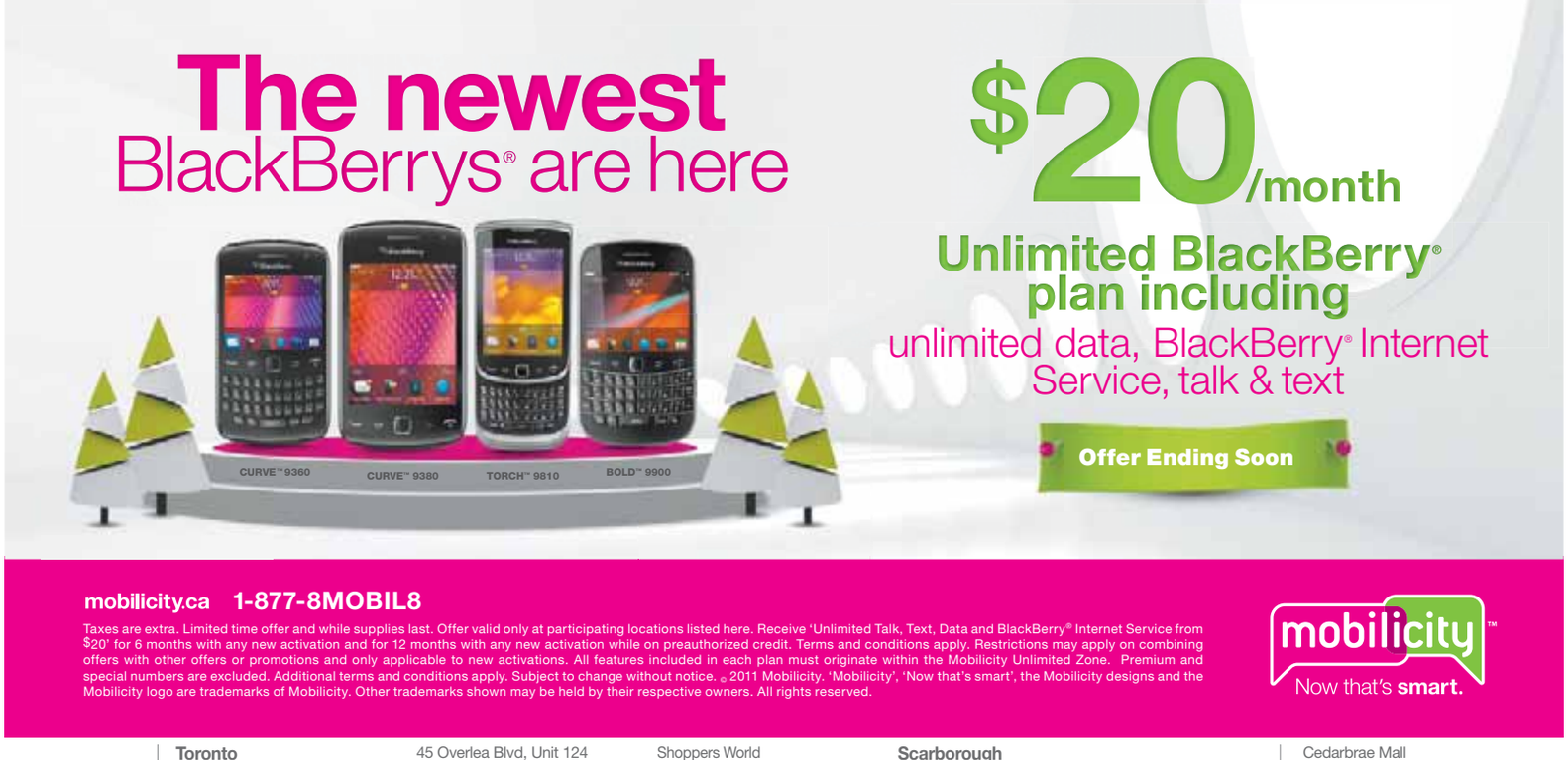
Seligman, who has booked the band often during the 10 years of his festival and in other gigs, says any attention Arcade Fire gets benefits the local music scene.

“The hope is that it’ll continue to help other bands get attention and become successful, touring musicians and have careers.”

Leah Greenblatt, a senior editor at New York-based Entertainment Weekly magazine, said that even though they had been around for a while, Arcade Fire’s Grammy win caused jaws to drop. Even the band looked stunned as TV cameras caught their reaction.

“I was shocked,” Greenblatt said, explaining that as a longtime writer on the indie music scene she had often seen her favourite artists ghettoized into indie or alternative music categories.

“I just assumed that Arcade would get the alternative album of the year,” she said, speculating that besides the quality of the album, the Grammys were trying to appeal to a younger audience this year. THE CANADIAN PRESS



Return of the mack

J.R. deals again as original cast members filming reboot to popular series

J.R. Ewing has returned to Dallas.

With Larry Hagman reprising his role as the conniving Texas oilman, filming is underway at locations all over the city for TNT's new television series Dallas, which will also see the return of Patrick Duffy as J.R.'s brother Bobby and Linda Gray as J.R.'s ex-wife Sue Ellen, along with a new generation of Ewings.

And, of course, the spotlight also returns to the city itself, with its distinctive skyline rising from the prairie.

"We're trying to give the show a real sense of place and Dallas has a real personality," said location manager John Patterson, adding, "It's a city that does things in a big way. That's part of J.R. and part of what we try to give the show — a sense of the city, which is big, very well done, shiny, new and looking toward the future."

TONY GUTIERREZ/THE ASSOCIATED PRESS

▶ Larry Hagman, pictured last month, played J.R. Ewing in Dallas.

TNT has ordered 10 episodes of the series, set to air in summer 2012. Filming for the series, entirely shot in Dallas, began mid-October and is expected to wrap in late January.

"There was just no way we were going to film anywhere else," said executive producer Cynthia Cidre, who also wrote the pilot for the new series, a "mix of the old world and the new world."

The original series, which aired from 1978 to 1991, enjoyed popularity around the world as viewers tuned in to watch the scheming Ewing family. As the plot twisted and turned season after season, the series contributed to some of TV's most memorable moments. After Bobby died in a season cliffhanger in 1985 after being hit by a car, the entire next season was revealed to have been a prolonged dream sequence when his former wife, with whom he had reconciled, wakes up to find him alive, taking a shower. The 1986-87 season then mark's Duffy's return to the cast after a year-long absence.

And, of course, there was the cliffhanger in 1980 that left the whole world in suspense. The catchphrase "Who shot J.R.?" became part of the common vernacular as viewers waited to find out who had fired on J.R. When viewers tuned in for the answer on Nov. 21, 1980, the shooter was revealed to be J.R.'s vengeful mistress, who was also his sister-in-law. That episode was seen by more people than any TV program in history up until that time.

THE ASSOCIATED PRESS

Put on for the city

▶ The cast of Dallas are filming at plenty of classic Dallas locations including downtown's Neiman Marcus, the luxury chain's flagship store, and the State Fair of Texas. And, of course, they're shooting at the famed Southfork Ranch, an events centre that houses the Ewing Mansion.

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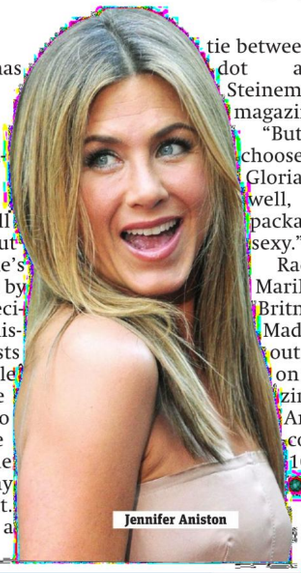
Aniston the Sexiest Woman of All Time?


Jennifer Aniston

Men's Health has dubbed Jennifer Aniston the Sexiest Woman of All Time, but while she's flattered by their decision, Aniston insists the title would've gone to someone else if she had any say in it.

"It's a tie between Brigitte Bardot and Gloria Steinem," she tells the magazine.

"But if I had to choose one, I'd say Gloria because, well, she's the full package. That's sexy."

Raquel Welch, Marilyn Monroe, Britney Spears and Madonna round out the top five on the magazine's list, while Angelina Jolie comes in at No. 10.

METRO

The perils of party-rocking

SkyBlu of LMFAO takes some time off to deal with herniated discs
RedFoo says injury caused by 'the shuffle, the wiggle and the ladies'

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA

While Demi Lovato whizzed by the press line at Z100's Jingle Ball Friday night — an annual New York City concert featuring a number of Top 40 acts — we were happy to chat with RedFoo of LMFAO, whose partner SkyBlu was noticeably absent for the big show.

"SkyBlu hurt his back," Foo told Metro before the concert started.

"He has some herniated discs. He's been performing for a while injured, because he's a true champ, but the doctor said [he's] gotta take a break. That shuffle move we do, when he does it, I always tell him you gotta bend [at the knee]. And then with the wiggle, you can't wiggle too hard, even if there's sexy ladies in the audience screaming at you — you gotta keep it confined.

So we don't know exactly what has happened, but we think it's combined [with] the shuffle, the wiggle and the ladies."

But SkyBlu's injury isn't holding the group back for the new year. On their to-do list for 2012?

"Films," Foo says. "Taking the whole LMFAO party rock lifestyle and putting it on the big screen."

ALL PHOTOS GETTY IMAGES

▶ RedFoo of LMFAO attends Z100's Jingle Ball on Friday.

Angie 'lost' online shopping

While Angelina Jolie prefers to get a jump on Christmas shopping, she won't be doing it online, admitting that retail websites make her head spin.

"I always Christmas shop early in case we have to travel somewhere," Jolie tells USA Today.

"Brad [Pitt] and I were on Amazon.com for the first time a week ago. But we got lost. After an hour, we just shut it off. My brain is too scattered and the wires go in different directions. I'll stick to catalogues."

METRO

This Christmas, skip the plastic one-trick, battery-operated gadgets that hold your kids' attention for five minutes These gifts are clever, fun and will spark your child's imagination

5 Great kids' gifts

TEXT **EMMA E. FORREST, METRO WORLD NEWS**

1 FOR BABY NIGHT OWLS: Lullaby rock hits

$16.98
rockabyebabymusic.com

Do saccharine nursery rhymes make you cringe? This inspired series of CDs transforms your favourite tunes into soothing lullabies, with tinkling covers of classic tracks by bands including AC/DC, Led Zeppelin, U2, Madonna, Van Halen and Bob Marley. What could more amusing than a xylophone version of Beastie Boys' No Sleep Til Brooklyn or Metallica's Enter Sandman. Or more ironic than an anxious new parent hearing The Police's Every Breath You Take?

2 FOR TINY TEETHERS: 'Where's the Bone?' cloth book

$15.50
manhattantoy.com

This book about a funny dog searching for its bone in lots of exciting places ticks all the boxes for tiny tots: lots of textures to feel, flaps to flip, bits to pull. They will love to pop the bone in the clouds, up a mountain or in the dog's mouth, and they'll love chewing on the book even more.

3 FOR CRAFTY KIDS: 'Merry Stickmas' sticker greetings cards

$8
etsy.com/shop/KidsCardKits

Sticker-mad kids will love creating their own greetings cards with these packs. These ingenious kits include blank cards and sets of stickers so your kid can create his or her own scenes including Santa Claus, snowmen, reindeer and cute kids throwing snowballs.

4 FOR JUNIOR MUGGLES: Remote Control Wand

$70
firebox.com

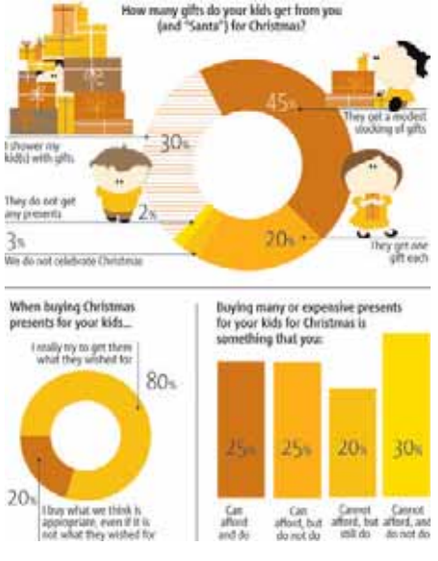
Budding Harry Potters will love casting a spell on the television with this brilliant gizmo. Program the wand to respond to 13 different moves and you can spin, whirl and flick it to change the TV's volume, channels, mute, flip through menus and even turn it on and off. It even goes to sleep and 'wakes' when you pick it up just like a real magic want.

5 FOR AMATEUR ASTROLOGERS: Remote Control Moon

$39
firebox.com

Illuminating in more ways than one, this wall light replicates the phases of the moon on an authentic moonscape (very educational), as well as serving as a reassuring nightlight. Using a remote control it can also be used as a light. It comes with an educational booklet about the moon's cycles.

What will Metro kids get?



3 life

Dough truths

Generations of neophyte bakers have shrugged off parental warnings about how eating chunks of raw cookie dough could make them sick to their stomachs.

Now, researchers who investigated a 2009 outbreak of food-borne illness in the United States are providing extra proof for mom and dad.

For years, concerns about raw dough have centred on the idea that raw eggs could contain bacteria such as salmonella. In this case, though, investigators were looking into a different bacteria — Shiga toxin-producing Escherichia coli, or STEC.

The outbreak didn't affect Canada, but 35 Americans were admitted to hospital. Studies showed 33 of 35 patients consumed raw cookie dough.

THE CANADIAN PRESS

It's not all 'ho, ho, ho': Santa promising less in bad economy

Vegetarian cubes of yum

Potato and red pepper are combined in this dish that works well as a tasty appetizer or a meatless meal Offer it at your next holiday party

THE CANADIAN PRESS H/O

Cut cubes into bite-sized pieces or larger ones, depending on how you're serving them.

Ingredients:

- 250 ml (1 cup) each diced peeled Yukon Gold potato and sweet potato
- 25 ml (2 tbsp) olive oil
- 125 ml (1/2 cup) diced sweet red pepper
- 175 ml (3/4 cup) diced onion
- salt and pepper
- 4 eggs
- 50 ml (1/4 cup) 18 per cent cream

Preparation:

1. On greased baking sheet, toss Yukon Gold and sweet potato with 10 ml (2 tsp) of oil. Bake in 180 C (350 F) oven 15 mins or until tender. Let cool.
2. In skillet, heat 10 ml (2 tsp) of oil over high heat; sauté red pepper 4 mins. Remove from pan. In same skillet, heat 10 ml (2 tsp) of remaining oil over medium-high heat; cook onion until tender and golden, 2 mins. Let cool. Combine all cooked vegetables; season with salt and pepper to taste.
3. In bowl with electric mixer, beat eggs with cream. Add cooked vegetables and mix. Pour into greased 2.5 L (9-inch) square baking dish. Bake in 180 C (350 F) oven for 25 minutes or until set. Let cool. Cut into cubes. **THE CANADIAN PRESS/ FOODLAND ONTARIO/ ADAPTED BY EMILY RICHARDS, A PROFESSIONAL HOME ECONOMIST, COOKBOOK AUTHOR AND A TV CELEBRITY CHEF. (EMILYRICHARDSCOOKS.CA)**

Rose Reisman's Swap It

With the festive season in full swing, it is a time to visit family and friends for dinner parties. Hor d'oeuvres are almost always served but could be full of fat and calories.

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67 Ways to Lighten up the Holiday Season

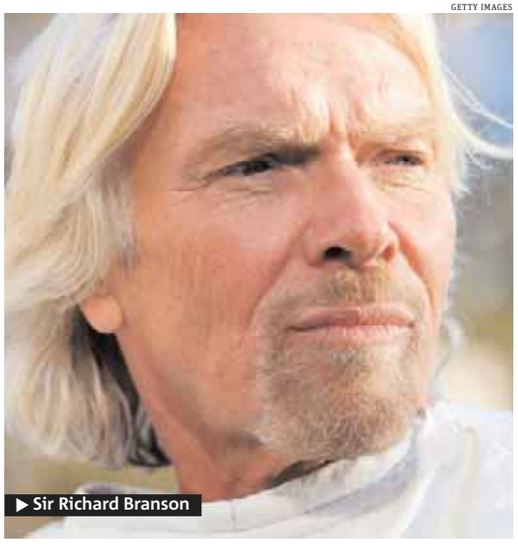
13. GO CAROLING and take requests for hip-hop cover songs.
14. SNOW FORTS are for kids. SNOW BARS are for adults. Use your backyard bar to chill bottles of Molson Canadian 67.
15. Invent YOUR OWN HOLIDAY and stay home from work.
16. Host a SWEATER PARTY. Ugliest wins.
17. Less ski, more APRÈS ski.
18. WALK AROUND THE NEIGHBOURHOOD and see the LIGHTS.** Over half of Metro readers say it's their favourite holiday outdoor activity.
19. Skip the chips and dip. Go for a polar dip instead.
20. Why not RE-CONNECT with a random Facebook friend over a cold Molson Canadian 67?
21. Teach your little one how to skate at a frozen pond.

Follow the rest of our list in upcoming issues.

Molson Canadian 67 is a premium light beer specially brewed to 67 calories per 341 ml bottle. That's about half the calories of wines or mixed drinks.* Want to add to our list? Share your tips with us at facebook.com/molsoncanadian67

Must be legal drinking age. *Calculations based on average serving (6 oz glass of wine and single serving of mixed drink). Details at molsoncanadian67.ca
**Source: Metropolitan Panel. 462 English, 154 French respondents. December 2011.

GETTY IMAGES



▶ Sir Richard Branson

Monitoring deforestation

Richard Branson promises to use his satellites to keep an eye on forests

ELISABETH BRAW
NEWS@METRONEWS.CA
METRO WORLD NEWS IN LONDON

Sir Richard Branson has a message: we can save our Earth from nuclear Armageddon and environmental meltdown alike. With Cutnukes.org, Branson pushes for fewer atomic bombs. Now he plans to monitor global deforestation with satellites, he tells Metro.

Deforestation is often caused by local subsistence farmers. What's the solution?
One thing we can do about illegal logging is discover it before it's too late. That's why I've just launched a new initiative based at my spaceport. We'll have satellites that will monitor forests to see where forests are being cut down.

The world has been talking about environmental problems for so long. Do you see any reasons for optimism?
Absolutely. We have to deal with environmental problems in an entrepreneurial spirit. For example, Virgin's new aviation fuel uses waste from steel mills. Millions of jobs could be created worldwide by greening our cities.

The environment would benefit, the cities would benefit, regular people would benefit, and it would stop money pouring out to the Middle East.

Even if we solve all the world's environmental problems, the world might be wiped out if Iran drops a nuclear bomb....
If Iran dropped a nuclear bomb nuclear weapon states would quickly obliterate Tehran, so I don't think it will. The bigger risk is terrorists using nuclear weapons, but we have to set a moral example so terrorists don't feel the need to use nuclear weapons against us.

EAT YOUR HEART OUT SEINFELD

What are your thoughts on regifting? ***Lisa of Edmonton***

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Regifting is definitely an eco-friendly form of recycling.

I know guilt holds many people back. My advice is to get over it.

Regifting doesn't have to carry an air of insincerity and thoughtlessness.

There are times when it's appropriate, and maybe even appreciated.

It's couth to regift a book you've read.

Hand-me-downs or a used coffee grinder? Not so much.

That's what Craigslist, Freecycle and clothing-donation bins are for.

You can regift right out in the open — host a regifting-themed holiday exchange at work or with the family.

Regifting is not just a way to get rid of bad gifts; it's also a way to find them new homes with people who will appreciate them.

You can regift right out in the open — host a regifting-themed holiday exchange at work or with the family. Regifting is not just a way to get rid of bad gifts

Even Oprah condoned regifting on her Favourite Things episode back in 2008. And if Oprah says it's OK…

Keep in mind a few general rules: regift unto others as you would have them regift unto you.

And let common sense prevail.

Don't use a gift before regifting it and do not give something back to the original gift-giver.

The latter is a common rookie mistake but one you'll make only once — and if nothing else, it always makes for a great story.

David Suzuki Foundation

ISTOCK PHOTOS

▶ Regifting — no longer just for your cheap friends.

Do let it go to your head

Research indicates that feelings of social power can bring about a positive change in one's thought process

A new study suggests that feeling powerful really does go to people's heads — and that's a good thing.

The study was co-authored by Li-Jun Ji, a professor at Queen's University and a social psychologist who specializes in relationships between culture and thinking.

Power — defined as the ability to influence others — makes people think differently, says Ji.

In North America, a feeling of power leads to thinking in a focused and analytical way, and Ji says that that's a good way to think when pursuing personal goals in this society.

Thinking analytically allows you to focus on a goal and how to achieve it without being distracted by the surroundings or context, she says.

ISTOCK

▶ Focus on the fight: Feelings of power helps you think quickly and logically when a goal needs to be reached.

"What's most interesting about this study is the idea that thinking is flexible, not rigid or pre-programmed. We are able to attune our style of thinking to the needs of the situation."

LI-JUN JI,
CO-AUTHOR OF POWER STUDY

"However, the specific ways we might attune our thinking seems to depend on our cultural background."

The lead author on the study, Yuri Miyamoto at the University of Wisconsin-Madison, has also looked at Japanese participants and found that in general, East Asians are more holistic in their reasoning than European-North Americans.

Holistic thinking, in contrast to analytical thinking, is more relationship and context-focused, Ji explains.

To induce feelings of power for the study, participants were asked to remember times when they had influenced others.

Memories people recalled included making a shy roommate more outgoing, influencing people to buy products and leading a struggling soccer team to victory.

Participants were then asked to perform tasks — such as writing a description of a friend — to assess how analytically they were thinking.

The more analytical thinkers tended to use adjectives more frequently, whereas more holistic thinkers were likely to use more verbs.

The research was published in the Personality and Social Psychology Bulletin. **THE CANADIAN PRESS**

Rich in thought

Tracking the North American noggin

Ji and Miyamoto's study also found that North Americans with high socioeconomic status tended to display more analytical thinking than those of lower status.

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Art opens doors and minds

For more than a decade, a Nova Scotia gallery has offered a safe haven for troubled youth to create and thrive

It's warm inside the art studio.

Outside, the sky is dark and the frost hanging in the air turns breath into puffs of smoke. The slush and snow that blanket Halifax's sidewalks make an unwelcome bed for those with nowhere else to go.

But in this cosy space at the city's downtown art gallery, there's the promise of a hot meal, conversation and creativity as young people trudge inside for a weekly, drop-in art class for homeless and at-risk youth.

"When they come in the door, it's not about what they look like, or what they're coming in with; it's about them being here right now and about us making art together," says Miro Davis, one of two artists who will be working with the youth over the next three hours.

"There's no judgment there."

The free class, which runs from about October to June, is a joint project by the Art Gallery of Nova Scotia and Phoenix Youth Programs — a local, non-profit organization that helps young people between the ages of 12 and 24 break the cycle of homelessness.

For the past 11 years, young people have come to the gallery for the chance to draw, paint, glue and sculpt. The mood is informal. Conversation and laughter flow easily here, but silence is respected, too.

THE CANADIAN PRESS/ANDREW VAUGHAN

▶Artist Loryn Oliver relaxes in a studio at the Art Gallery of Nova Scotia.

Loryn Oliver, 20, has been attending the class for three years. When she was 16 years old, Oliver left her home and eventually moved into a Phoenix youth shelter.

It wasn't long before she discovered the class at the gallery and a passion for sculpting. She says allowing her subconscious to flow through her creative work is a kind of "self-therapy."

"What I appreciate about art is that it's a very simple thing, it's very human. It's an expression of ourselves and so giving youth that opportunity is important."

The program's other resident artist, Heather Wilkinson, says she's witnessed a tremendous change in Oliver, who now lives in her own apartment with financial assistance from Phoenix and volunteers as an advocate for homeless youth.

"I've seen her grow and blossom and open up and gain a ton of confidence, just (by) coming and sharing," she says.

"In artwork, you can find a safe place where you can express yourself sometimes when words are missing. The visual arts is a way for people to really be who they are."

DALE SHEPPARD, CURATOR OF EDUCATION AND PUBLIC PROGRAMS AT THE ART GALLERY OF NOVA SCOTIA

In art, there is a "value in seeing things a little bit differently and uniquely," says Dale Sheppard, the gallery's curator of education and public programs.

That can mean the world for a young person who has been consistently told they don't fit in.

"In artwork, you can find a safe place where you can express yourself sometimes when words are missing," says Sheppard. "The visual arts is a way for people to really be who they are."

THE CANADIAN PRESS

More than this

Organizers agree that their program isn't just about art.

- One baby-faced boy doesn't hesitate when asked what brings him here on this night: the promise of pizza and free bus tickets.
- Maybe so, but the teen doesn't glance up once from his box and the pieces of glass he's gluing down in the shape of a peace symbol.
- At the end of the day, resident artist Heather Wilkinson says it doesn't really matter what brings youth to the gallery.
- "Sometimes they just need to be in a place, in the company of other people," she says.
- "This is an institution that, in their eyes, is probably not normally that inviting. But on this night, it's their night. This is their space."

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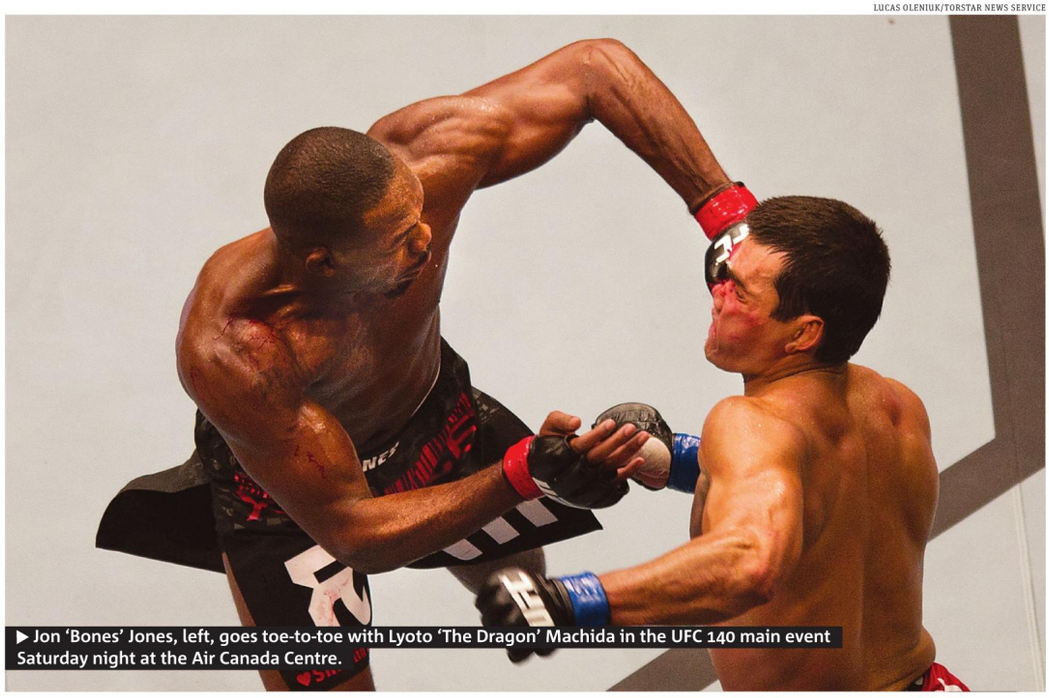
4 sports

LUCAS OLENIUK/TORSTAR NEWS SERVICE



▶ Jon 'Bones' Jones, left, goes toe-to-toe with Lyoto 'The Dragon' Machida in the UFC 140 main event Saturday night at the Air Canada Centre.

No 'Bones' about Jones' dominance at UFC 140

UFC president White says light-heavyweight champion has potential to be 'the greatest ever' after successful title defence Saturday in Toronto

Jon 'Bones' Jones is looking ahead to a vacation and several months off. His rivals in the UFC light-heavyweight division would be well-served to use that time wisely.

"I just don't see anybody beating this guy any time soon," UFC president Dana White said after Jones choked out Lyoto 'The Dragon' Machida at 4:26 of the second round to retain his title at UFC 140 Saturday night.

"He's a young guy, he's got a lot of things to learn in the sport still — more than just fighting," added White.

"If he stays on the right track, does the right things, this guy could go down as the greatest ever."

Jones, 24, believes that is his destiny and he is well on his way to getting there.

Saturday's win completed an amazing year for Jones.

The 24-year-old stopped up-and-comer Ryan 'Darth' Bader in February, then dethroned Mauricio 'Shogun' Rua in March. In September, he beat former title-holder Quinton 'Rampage' Jackson.

Four fights. Four wins. Three champions beaten.

At six-foot-four with a 84.5 inch reach — longest in the UFC — Jones is hard to attack. And if you manage to close the gap, Jones' arsenal is stocked with kicks and strikes. He can also damage you with elbows or choke you out on the ground.

That's what happened Saturday.

Machida had some success in the first round, darting in and out with an effective counter-attack.

"I have never fought anyone like him, so the first round was very, very confusing for me," Jones said of the Brazilian southpaw.

A second-round cut to Machida was a turning point. The two clinched at the fence and Jones wrestled him to the ground, carving open his forehead with a series of elbows.

Machida said he started having blurry vision afterwards and admitted to thinking it was "maybe the beginning of the end." Jones said his confidence skyrocketed — "Just seeing his blood really let me know 'All right, he bleeds. Let's do this.'"

When the fight returned to the feet, Jones grabbed Machida at the fence and locked in a standing guillotine choke. The Brazilian didn't tap and toppled when referee John McCarthy stepped in and the champ finally let go.

Jones (15-1) becomes the first 205-pound champion since Chuck 'The Iceman' Liddell to make back-to-back successful title defences.

The show, the second for the UFC in Toronto, did not generate the buzz of the first. UFC 129 drew a UFC-record 55,724 to the Rogers Centre in April. Saturday's event attracted 18,303 at Air Canada Centre.

Canadians went 2-5 on a night that saw some quick, violent finishes. UFC 129 standout featherweight Mark 'The Machine' Hominick of Thamesford, Ont., lasted just seven seconds against Chan Sung Jung, aka 'The Korean Zombie'. THE CANADIAN PRESS

Tough break

In the co-main event, former heavyweight champion Frank Mir rallied to submit Antonio Rodrigo Nogueira in the first round.

- Mir earned $75,000 for the submission of the night, leaving doctors to work on Nogueira who waited too long to tap and paid for it.
- A vicious kimura had the crowd gasping as the arm was shown bent at a horrific angle in replays on the big screen.
- Nogueira's camp later tweeted that the veteran Brazilian had broken his arm and was headed to see a specialist in Los Angeles yesterday.

Quoted

"It's a piss-off. Sorry, that's as blunt as I can be. We're not happy, we felt like we laid down a good skate and in our opinions a good enough skate to win and obviously we're missing something."

CANADIAN OLYMPIC ICE DANCE CHAMPION SCOTT MOIR AFTER HE AND PARTNER TESSA VIRTUE WERE AWARDED A SILVER MEDAL AT THE ISU GRAND PRIX FINAL YESTERDAY IN QUEBEC CITY. VIRTUE AND MOIR SCORED 112.33 POINTS FOR WHAT THEY FELT WAS A GOLD-MEDAL FREE DANCE AND 183.34 POINTS OVERALL. BUT AMERICAN WORLD CHAMPIONS MERYL DAVIS AND CHARLIE WHITE CLAIMED GOLD, EDGING THE CANADIANS BY 0.05 POINTS IN THE FREE DANCE FOR A TOTAL SCORE OF 188.55.

CHRISTIAN PETERSEN/GETTY IMAGES FILE

▶ Ryan Braun

MVP Braun facing ban for alleged PED use

Ryan Braun certainly doesn't fit the image fans conjure up when they hear that a baseball slugger has been accused of using performance-enhancing drugs.

Since he joined the Milwaukee Brewers, Braun has belted big home runs not with cartoonishly large muscles, but with a sweet swing and an ultra-quick bat. Last season, he helped drive the Brewers to the playoffs and was voted the NL's Most Valuable Player.

Now Braun finds himself fighting a 50-game suspension after news leaked that he has tested positive. Braun's representatives steadfastly maintain his innocence.

ESPN cited two sources Saturday in first reporting the result, saying Braun tested positive for elevated levels of testosterone, adding that a later test by the World Anti-Doping Agency lab in Montreal determined the testosterone was synthetic.

A spokesman for Braun said in a statement issued to ESPN and The Associated Press that "there are highly unusual circumstances surrounding this case which will support Ryan's complete innocence."

"There was absolutely no intentional violation of the program," Matthew Hiltzik said in a statement sent by the four-time all-star left fielder's representatives.

The case is still being appealed to an arbitrator under MLB's drug program, people familiar with the situation told the AP. The people spoke on condition of anonymity because the appeal is ongoing and said Braun and others involved in the appeals process have known about the positive test since late October.

THE ASSOCIATED PRESS

Tebow does it again

Denver QB leads team to OT win over Chicago

DOUG PENSINGER/GETTY IMAGES

▶ Tim Tebow is tackled after getting a first down.

Tim Tebow led Denver to another comeback victory, with Matt Prater's 51-yard field goal with 8:34 left in overtime giving the Broncos a 13-10 win over the Chicago Bears yesterday.

Prater's 59-yarder with three seconds left in regulation tied the score.

It was Denver's sixth straight win, and half of them have come in OT since Tebow was promoted to starter.

After failing to score on their first 11 possessions, the AFC-West leading Broncos (8-5) erased a 10-0 deficit in the final 2:08 of regulation.

Tebow hit Demaryius Thomas with a 10-yard touchdown pass, then got the ball back with 58 seconds left and drove Denver downfield for Prater's kick.

The Bears (7-6) won the toss in overtime and were in field goal range when Marion Barber coughed up the football at the Broncos 34 and Elvis Dumervil recovered.

TEXANS 20, BENGALS 19

Rookie T.J. Yates led the biggest drive in Houston Texans history, throwing a 6-yard touchdown pass with 2 seconds left for a 20-19 victory that brought the first playoff berth in franchise history.

With their seventh straight win, the Texans (10-3) moved to the threshold of their first playoff berth. They clinched the AFC South title a few minutes later when Tennessee lost to New Orleans.

THE ASSOCIATED PRESS

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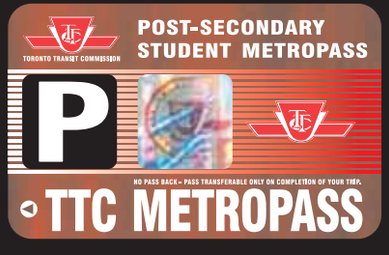

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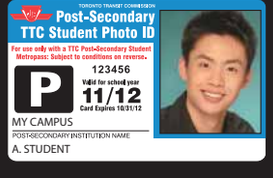

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NATIONAL HOCKEY LEAGUE

EASTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Philadelphia	28	18	7	2	1	101	81	39	8-4-1-1	10-3-1-0	7-3-0-0	W5
d-Boston	28	18	9	0	1	94	59	37	10-6-0-1	8-3-0-0	7-2-0-1	W1
d-Florida	30	16	9	2	3	82	77	37	6-2-1-3	10-7-1-0	5-3-2-0	L2
NY Rangers	27	17	6	1	3	83	60	38	8-2-0-2	9-4-1-1	7-2-0-1	W2
Pittsburgh	30	17	9	2	2	94	75	38	8-2-2-0	9-7-0-2	6-3-1-0	W1
Toronto	29	15	11	2	1	91	94	33	6-4-2-1	9-7-0-0	5-4-1-0	L2
Buffalo	29	15	12	1	1	79	79	32	7-9-1-1	8-3-0-0	3-5-1-1	L1
Washington	28	15	12	0	1	88	89	31	10-4-0-1	5-8-0-0	5-5-0-0	W2
Montreal	30	12	11	2	5	74	77	31	4-5-2-4	8-6-0-1	2-3-2-3	W1
Winnipeg	29	13	12	3	1	82	92	30	9-4-0-0	4-8-3-1	6-3-1-0	L1
Ottawa	30	13	13	2	2	91	105	30	7-6-0-1	6-7-2-1	3-4-2-1	L3
New Jersey	28	14	13	0	1	71	80	29	6-5-0-1	8-8-0-0	4-6-0-0	L1
Tampa Bay	29	12	15	0	2	75	96	26	7-4-0-0	5-11-0-2	3-7-0-0	L1
NY Islanders	27	9	12	4	2	62	88	24	6-7-3-0	3-5-1-2	4-3-2-1	L2
Carolina	31	9	18	2	2	79	108	22	5-9-0-2	4-9-2-0	2-8-0-0	L1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Minnesota	30	20	7	2	1	79	64	43	10-4-1-0	10-3-1-1	8-2-0-0	W7
d-Chicago	30	18	8	1	3	99	92	40	9-2-0-3	9-6-1-0	6-3-0-1	W2
d-Dallas	28	16	11	0	1	73	78	33	9-4-0-1	7-7-0-0	5-4-0-1	W1
Detroit	28	18	9	1	0	89	62	37	12-2-1-0	6-7-0-0	8-2-0-0	W2
Vancouver	29	18	10	0	1	97	71	37	8-4-0-1	10-6-0-0	9-1-0-0	W4
St. Louis	29	17	9	0	3	71	62	37	11-3-0-1	6-6-0-2	7-2-0-1	W3
Phoenix	29	15	11	1	2	77	76	33	6-6-1-1	9-5-0-1	5-5-0-0	L2
San Jose	27	15	10	2	0	75	64	32	8-6-1-0	7-4-1-0	4-5-1-0	L2
Nashville	29	14	11	3	1	77	79	32	5-5-2-1	9-6-1-0	4-6-0-0	W2
Edmonton	30	14	13	0	3	83	80	31	9-5-0-2	5-8-0-1	4-5-0-1	L1
Calgary	29	14	13	1	1	73	80	30	8-5-1-1	6-8-0-0	6-3-0-1	W3
Los Angeles	29	13	12	2	2	65	67	30	8-9-0-1	5-3-2-1	3-6-1-0	L4
Colorado	30	13	16	1	0	78	91	27	7-9-0-0	6-7-1-0	4-6-0-0	L3
Anaheim	29	8	16	2	3	67	95	21	6-9-1-0	2-7-1-3	2-7-1-0	L2
Columbus	29	8	17	1	3	71	99	20	5-8-1-1	3-9-0-2	3-4-2-1	L2

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Last night's results
Chicago 3 San Jose 2 (OT)
N.Y. Rangers 6 Florida 1
Saturday's results
Calgary 3 Edmonton 0
Detroit 7 Winnipeg 1
Montreal 2 New Jersey 1
Vancouver 4 Ottawa 1
Boston 5 Columbus 3
Dallas 2 Los Angeles 1
Minnesota 4 Phoenix 1
Nashville 3 Anaheim 2
N.Y. Rangers 4 Buffalo 1
Philadelphia 5 Tampa Bay 2
Pittsburgh 6 N.Y. Islanders 3
St. Louis 1 San Jose 0
Tonight's game
All Times Eastern
New Jersey at Tampa Bay, 7:30 p.m.
Tomorrow's games
Los Angeles at Boston, 7 p.m.
Ottawa at Buffalo, 7 p.m.
Carolina at Toronto, 7 p.m.
Dallas at N.Y. Rangers, 7 p.m.
Detroit at Pittsburgh, 7 p.m.
Philadelphia at Washington, 7 p.m.
Vancouver at Columbus, 7 p.m.
N.Y. Islanders at Montreal, 7:30 p.m.
New Jersey at Florida, 7:30 p.m.
Calgary at Nashville, 8 p.m.
Minnesota at Winnipeg, 8:30 p.m.
San Jose at Colorado, 9 p.m.
Wednesday's games
Boston at Ottawa, 7:30 p.m.
Chicago at Minnesota, 7:30 p.m.
Phoenix at Anaheim, 10 p.m.

SATURDAY

CANADIENS 2, DEVILS 1

First Period
No Scoring.
Penalties — Tedenby NJ (hooking) 13:37, Subban Mtl (tripping) 14:45, Zubrus NJ (tripping) 18:30.
Second Period
1. Montreal, Pacioretty 11 (Cole, Kaberle) 1:07 (pp)
Penalties — Henrique NJ (delay of game) 0:24, Kovalchuk NJ (boarding) 2:13, Diaz Mtl (hooking) 7:15.
Third Period
2. Montreal, Cole 10 (Darche, Kaberle) 5:17
3. New Jersey, Palmieri 4 (Tedenby, Sykora) 13:34
Missed penalty shot — Parise NJ, 19:10.
Penalties — Tedenby NJ (slashing) 3:06, Diaz Mtl (roughing) 18:05.
Shots

Montreal	9	6	9	24
New Jersey	13	9	7	29

Goal — Montreal: Price (W,11-8-7); New Jersey: Brodeur (L,6-8-0). **Power plays (goals-chances)** — Montreal: 1-5; New Jersey: 0-3.
Referees — Dean Morton, Don Van Massenhoven.
Linesmen — Lonnie Cameron, Vaughan Rody.
Attendance — 14,210 (17,625) at Newark, N.J.

CANUCKS 4, SENATORS 1

First Period
1. Vancouver, Edler 5 (H.Sedin, Kesler) 1:10 (pp)
2. Vancouver, Kesler 6 (Hansen, Raymond) 8:23
Penalties — Smith Ott (hooking) 1:06, H.Sedin Vcr (holding) 10:23, Weiss Vcr, Foligno Ott (fighting) 15:30, H.Sedin Vcr (hooking), Bieksa Vcr (roughing), Phillips Ott (roughing) 18:25, Neil Ott (slashing) 19:53.
Second Period
3. Vancouver, Kesler 7 (H.Sedin, D.Sedin) 8:35 (pp)
4. Ottawa, Greening 7 (Spezza, Lee) 18:48
Penalties — Ottawa bench (too many men; served by Foligno) 4:11, Regin Ott (hooking) 8:20, Ballard Vcr (roughing), Foligno Ott (boarding, misconduct) 10:05, H.Sedin Vcr (interference) 19:32.
Third Period
5. Vancouver, Weise 2 (Rome) 16:30
Penalties — Lapierre Vcr (roughing, misconduct) 2:44, Edler Vcr (cross-checking) 3:25, Butler Ott (high-sticking) 6:02.
Shots

Vancouver	9	11	8	28
Ottawa	9	5	10	25

Goal — Vancouver: Luongo (W,11-6-1); Ottawa: Anderson: (L,12-10-2). **Power plays (goals-chances)** — Vancouver: 2-5; Ottawa: 0-5.
Referees — Kevin Pollock, Marcus Vinnerborg.
Linesmen — Pierre Champoux, Derek Nansen.
Attendance — 19,171 (19,153) at Ottawa.

RED WINGS 7, JETS 1

First Period
1. Winnipeg, Little 10 (Wheeler, Kane) 0:35
2. Detroit, Bertuzzi 3 (Franzen, Lidstrom) 6:47
3. Detroit, Zetterberg 6 (V.Filppula, Kronwall) 14:56
Penalties — None.
Second Period
4. Detroit, Hudler 5 (Franzen, Datsyuk) 4:03
5. Detroit, Conner 1 (Cleary, Helm) 4:43
6. Detroit, V.Filppula 10 (Datsyuk, White) 9:31
7. Detroit, Miller 3 (B.Stuart, Bertuzzi) 12:41
Penalties — Little Wpg (tripping) 7:42, Bertuzzi Det (hooking) 7:59, Ericsson Det (holding) 12:59, M.Stuart Wpg (interference) 16:43, Antropov Wpg (slashing) 18:52.
Third Period
8. Detroit, Hudler 6 (Zetterberg) 1:12
Penalties — None.
Shots

Winnipeg	9	9	12	30
Detroit	12	13	4	29

Goal (shots-saves) — Winnipeg: Pavelec (L,10-10-4)(26-19), Mason (1:12 third)(3-3); Detroit: Howard (W,17-6-1). **Power plays (goals-chances)** — Winnipeg: 0-2; Detroit: 0-3.
Referees — Gord Dwyer, Marc Joannette.
Linesmen — Brian Mach, Scott Driscoll.
Attendance — 20,066 (20,066) at Detroit.

FLAMES 3, OILERS 0

First Period
No Scoring.
Penalties — Iginla Cal (cross-checking) 3:58, Jones Edm (goaltender interference) 13:31.
Second Period
1. Calgary, Kostopoulos 3 (Smith, Stajan) 13:45 (pp)
2. Calgary, Iginla 10 (Morrison, Bouwmeester) 19:44
Penalties — Whitney Edm (roughing), Jokinen Cal (double high-sticking) 8:23, Gagner Edm (slashing) 11:46, Petry Edm (tripping) 18:43, Jokinen Cal (interference) 19:14.
Third Period
3. Calgary, Iginla 11 (Jokinen) 19:40 (en)
Penalties — Horcoff Edm (tripping) 1:10, Gilbert Edm (slashing) 8:17, Edmonton bench (too many men; served by Hordichuk) 15:05.
Shots

Edmonton	6	6	9	21
Calgary	11	16	7	34

Goal — Edmonton: Dubnyk (L,4-7-0); Calgary: Kiprusoff (W,14-9-1). **Power plays (goals-chances)** — Edmonton: 0-4; Calgary: 1-7.
Referees — Eric Furlatt, Jean Hebert. **Linesmen** — Michel Cormier, Jonny Murray.
Attendance — 19,289 (19,289) at Calgaru.

NFL

WEEK 14

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
New England	10	3	0	.769	396	274
N.Y. Jets	8	5	0	.615	327	270
Buffalo	5	8	0	.385	288	341
Miami	4	9	0	.308	256	246

SOUTH

	W	L	T	Pct	PF	PA
Houston	10	3	0	.769	330	208
Tennessee	7	6	0	.538	266	251
Jacksonville	4	9	0	.308	193	252
Indianapolis	0	13	0	.000	184	382

NORTH

	W	L	T	Pct	PF	PA
Baltimore	10	3	0	.769	320	202
Pittsburgh	10	3	0	.769	282	198
Cincinnati	7	6	0	.538	285	270
Cleveland	4	9	0	.308	178	254

WEST

	W	L	T	Pct	PF	PA
Denver	8	5	0	.615	269	302
Oakland	7	6	0	.538	290	354
San Diego	6	7	0	.462	324	299
Kansas City	5	8	0	.385	173	305

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Dallas	7	5	0	.583	283	244
N.Y. Giants	6	6	0	.500	287	315
Philadelphia	5	8	0	.385	297	292
Washington	4	9	0	.308	229	290

SOUTH

	W	L	T	Pct	PF	PA
x-New Orleans	10	3	0	.769	415	286
Atlanta	8	5	0	.615	300	267
Carolina	4	9	0	.308	313	355
Tampa Bay	4	9	0	.308	232	370

NORTH

	W	L	T	Pct	PF	PA
y-Green Bay	13	0	0	1.000	466	278
Detroit	8	5	0	.615	367	305
Chicago	7	6	0	.538	301	255
Minnesota	2	11	0	.154	274	364

WEST

	W	L	T	Pct	PF	PA
y-San Francisco	10	3	0	.769	307	182
Arizona	6	7	0	.462	253	288
Seattle	5	7	0	.417	216	246
St. Louis	2	10	0	.167	140	296

x-clinched playoff spot; **y**-clinched division
Yesterday's results
New Orleans 22 Tennessee 17
Baltimore 24 Indianapolis 10
N.Y. Jets 37 Kansas City 10
Detroit 34 Minnesota 28
Houston 20 Cincinnati 19
Jacksonville 41 Tampa Bay 14
Atlanta 31 Carolina 23
Philadelphia 26 Miami 10
New England 34 Washington 27
Arizona 21 San Francisco 19
Denver 13 Chicago 10 (OT)
San Diego 37 Buffalo 10
Green Bay 46 Oakland 16
N.Y. Giants at Dallas
Thursday's result
Pittsburgh 14 Cleveland 3
Tonight's game
All Times Eastern
St. Louis at Seattle, 8:30 p.m.

SOCCER

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man City	14	12	2	0	48	13	38
Man United	15	11	3	1	35	14	36
Tottenham	14	10	1	3	30	18	31
Arsenal	15	9	2	4	31	23	29
Chelsea	14	9	1	4	31	17	28
Liverpool	15	7	5	3	18	13	26
Newcastle	15	7	5	3	21	19	26
Stoke	15	6	3	6	16	24	21
Aston Villa	15	4	7	4	18	19	19
Norwich	15	5	4	6	24	28	19
Swansea	15	4	5	6	16	20	17
Everton	14	5	1	8	15	18	16
QPR	15	4	4	7	15	26	16
Fulham	15	3	6	6	16	18	15
West Brom	15	4	3	8	14	23	15
Sunderland	15	3	5	7	18	18	14
Wolverhampton	15	4	2	9	16	28	14
Wigan	15	3	3	9	14	29	12
Blackburn	15	2	4	9	22	34	10
Bolton	15	3	0	12	20	36	9

Yesterday's results
Stoke 2 Tottenham 1
Sunderland 2 Blackburn 1

ITALY

SERIE A

Team	GP	W	D	L	GF	GA	Pts
Udinese	14	9	3	2	18	7	30
Juventus	13	8	5	0	24	10	29
AC Milan	14	8	4	2	31	16	28
Lazio	14	8	4	2	22	11	28
Napoli	14	5	6	3	22	14	21
Palermo	14	6	2	6	16	16	20
Genoa	13	5	3	5	16	16	18
Catania	14	4	6	4	15	20	18
Cagliari	14	4	6	4	12	13	18
Inter Milan	13	5	2	6	16	18	17
Roma	13	5	2	6	15	17	17
Parma	14	5	1	8	15	20	17
x-Atalanta	14	5	7	2	17	16	16
Fiorentina	14	4	5	5	13	13	16
Chievo Verona	14	4	4	6	11	18	16
Bologna	14	4	3	7	13	20	15
Siena	14	3	5	6	14	14	14
Cesena	14	3	3	8	7	15	12
Novara	14	2	5	7	14	25	11
Lecce	14	2	2	10	13	26	8

x — penalized six points in betting scandal.
Yesterday's results
Atalanta 1 Catania 1
Bologna 2 AC Milan 2
Cagliari 0 Parma 0
Novara 1 Napoli 1
Udinese 2 Chievo Verona 1

SPAIN

LA LIGA

Yesterday's results
Athletic Bilbao 1 Racing Santander 1
Espanyol 4 Atletico Madrid 2
Getafe 1 Granada 0
Malaga 1 Osasuna 1
Rayo Vallecano 1 Sporting Gijon 3
Villarreal 1 Real Sociedad 1
Zaragoza 0 Mallorca 1

GERMANY

BUNDESLIGA

Yesterday's results
Borussia Dortmund 1 Kaiserslautern 1
Stuttgart 1 Bayern Munich 2

FRANCE

LIGUE 1

Yesterday's results
Auxerre 2 Nice 1
Lille 2 Dijon 0
Lorient 0 Lyon 1

SPEED SKATING

SHORT TRACK WORLD CUP

At Shangnai
(all distances in metres)
MEN
500
1, Charles Hamelin, Ste-Julie, Que., 40.905 seconds. 2, Jon Eley, Britain, 41.054. 3, Liang Wenhao, China, 41.178. **4, Charle Cournoyer, Longueuil, Que., 41.239.**
Overall Standings
1, Olivier Jean, Lachenaie, Que., 3,000. 2, Liang Wenhao, China, 2,804. 3, Jon Eley, Britain, 2,719. **4, Charles Hamelin, Ste-Julie, Que., 2,600.** 5, Gong Qiuwen, China, 2,150.
1,000
1, Kwak Yoon-gy, South Korea, 1:25.300. **2, Olivier Jean, Lachenaie, Que., 1:25.451.** 3, Noh Jinkyu, South Korea, 1:25.971. **4, Michael Gilday, Yellowknife, 1:25.989.**
Overall Standings
1, Kwak Yoon-gy, South Korea, 4,312. 2, Noh Jinkyu, South Korea, 2,096. **3, Charles Hamelin, Ste-Julie, Que., 2,000. 4, Olivier Jean, Lachenaie, Que., 1,952.** 5, Michael Gilday, Yellowknife, 1,952.
5,000 RELAY
1, China, 6:38.567. **2, Canada (Michael Gilday, Yellowknife; Charles Hamelin, Ste-Julie, Que.; Olivier Jean, Lachenaie, Que.; Remi Beaulieu, Alma, Que.), 6:47.326.** 3, Britain, 6:38.222. 4, South Korea, penalty.
Overall Standings
1, South Korea, 2,664. **2, Canada, 2,650.** 3, China, 2,538. 4, Russia, 2,338. 5, Britain, 2,178.
WOMEN
500
1, Arianna Fontana, Italy, 44.026 seconds. 2, Liu Qiuhong, China, 44.111. 3, Fan Kexin, China, 44.130. **4, Caroline Truchon, Chicoutimi, Que., 44.299.** 5, Jessica Smith, U.S., penalty.
Overall Standings
1, Martina Valcepina, Italy, 3,470. 2, Liu Qiuhong, China, 3,294. 3, Arianna Fontana, Italy, 3,000. 4, Fan Kexin, China, 2,690. **5, Marianne St-Gelais, Roberval, Que., 2,000.**
1,000
1, Katherine Reutter, U.S., 1:31.387. 2, Li Jianrou, China, 1:30.927. 3, Yui Sakai, Japan, 1:31.612. 4, Lana Gehring, U.S., 1:32.187. 5, Cho Ha-ri, South Korea, 1:30.686.
Overall Standings
1, Yui Sakai, Japan, 3,050. 2, Elise Christie, Britain, 2,230. 3, Li Jianrou, China, 1,962. 4, Katherine Reutter, U.S., 1,000. 5, Lana Gehring, U.S., 1,640.
3,000 RELAY
1, China, 4:12.394. 2, U.S., 4:13.000. 3, Japan, 4:13.763. 4, Russia, 4:13.854.
Overall Standings
1, China, 3,640. 2, Japan, 2,408. 3, South Korea, 1,948. **4, Canada, 1,836.** 5, Italy, 1,672.

GOLF

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Alvaro Quiros	68-64-64-67—269
Paul Lawrie	65-73-66-67—271
Luke Donald	72-68-66-66—272
Peter Hanson	64-72-71-67—274
Charl Schwartzel	69-71-68-67—275
Louis Oosthuizien	72-67-66-71—276
Francesco Molinari	71-68-68-69—276
Robert Rock	68-69-71-69—277
Shane Lowry	69-70-68-70—277
Pablo Larrazabal	71-68-70-69—278
Graeme McDowell	71-71-71-66—279
Rory McIlory	66-71-71-71—279
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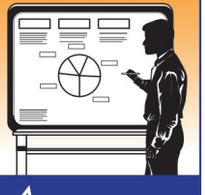

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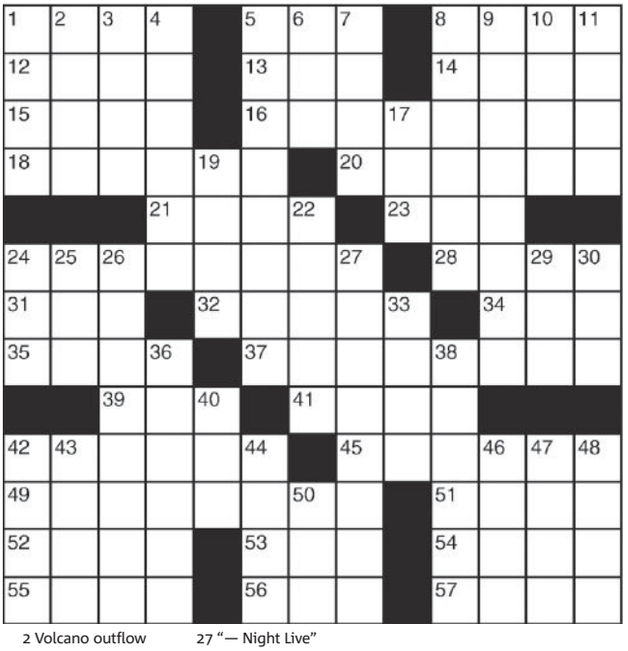
Crossword



Across

1 Eastern European
5 Use a crowbar
8 Resistance measures
12 Chantilly, e.g.
13 Individual
14 Reach 212 degrees, perhaps
15 Microwave, for one
16 Willingness to wait
18 No-goodnik
20 Bit of progress
21 Makes a mistake
23 Neither partner
24 New England football team
28 Astronaut Armstrong
31 "This tastes awful!"
32 Wall painting
34 Ram's mate
35 Standard
37 New Jersey city
39 Corn spike
41 Purple shade
42 Sculpture
45 Pale brown monkey
49 Spoke rapid-fire
51 Conflagration
52 Out of the storm
53 — carte
54 Rim
55 Fix
56 Firmament
57 Smell bad

Down

1 Unkempt one
2 Volcano outflow
3 Scored 100 on
4 Plywood layer
5 Boy band, e.g.
6 Genetic letters
7 Bigfoot's cousin
8 Fairy king
9 Award recipients
10 Isinglass
11 Coaster
17 Hostel
19 Bleak
22 Knapsack part
24 Play on words
25 Past
26 Menace
27 "— Night Live"
29 Jima preceder
30 Author Deighton
33 Walesa of Poland
36 In a thick tangle, as hair
38 Close-fitting jacket
40 Regret
42 Unwanted email
43 Story
44 Historic periods
46 Faction
47 Incite
48 Look for
50 Wapiti

▶ Thursday's answer

J	A	R		G	A	S	P		T	H	I	S
A	G	O		I	D	E	A		W	A	L	K
D	O	B	E	R	M	A	N		I	D	L	Y
A	G	E	N	D	A		A	L	L			
			R	E	N		C	O	L	L	I	E
T	E	N	O	R		F	E	W		A	D	D
A	X	O	N		A	L	A		D	Y	E	D
M	P	G		I	V	Y		B	A	S	S	O
P	O	O	D	L	E		F	E	Z			
			O	E	R		A	G	E	I	S	M
J	A	Z	Z		A	I	R	E	D	A	L	E
A	L	O	E		G	N	A	T		M	U	M
N	E	O	N		E	N	D	S		B	R	O

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Sudoku

	6	1	3		8	5	2	
5	2						8	4
		8	7		9	4		
	7			1			3	
		5	4		3	6		
8	1						5	3
	4	3	2		7	8	6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Thursday's answer ▶

4	3	7	6	1	9	8	2	5
9	5	6	8	2	3	1	7	4
1	2	8	4	7	5	6	3	9
2	1	4	9	5	7	3	6	8
6	7	9	2	3	8	4	5	1
5	8	3	1	4	6	7	9	2
3	9	5	7	8	1	2	4	6
7	4	1	5	6	2	9	8	3
8	6	2	3	9	4	5	1	7

Send a KISS

You can now post your kiss, and read even more kisses, at metronews.ca/kiss.

Eleni
i love you Eleni i cant stop thinking bout you your everyday on my mind i love you and will always love you i just want u to know that u r the girl for me and i will love you forever and i will never let that go
FROM TEDDY JAMES

me
Howdie me. Peaches here...not sure if I am the peaches you are looking for. Need more info before I call
FROM PEACHES

Stranger
Thank you ... Thanks for being there for me , for having my back , for making me laugh , for putting a smile on my face , and for being a friend ! I really miss how close we used to be . You needed your space and I give it to you ! Here's your post that you asked for
FROM GUESS WHO

Today
4°/-1°
Sunny
Tuesday
6°/0°
Partly sunny
Your #1 weather forecast now available in HD.
Check your local listings for details.
The Weather Network HD
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Today's horoscope

♈ Aries March 21-April 20 You will do the opposite of what everyone thinks you will do, not because you have to but because you like to be unpredictable.

♉ Taurus April 21-May 21 The best things in life are free.

♊ Gemini May 22-June 21 There seems to be some tension in your dealings with other people.

♋ Cancer June 22-July 22 Something unexpected will knock you back a bit today and it will take you a while to find your stride again.

♌ Leo July 23-Aug.23 There is nothing you cannot handle. There is nothing you cannot do. Be extraordinary.

♍ Virgo Aug. 24- Sept. 22 If someone annoys you today the best and safest way to deal with them is to turn your back and walk away.

♎ Libra Sept. 23-Oct. 23 You will have to take sides in a dispute of some kind today.

♏ Scorpio Oct. 24-Nov. 22 Put your own needs first today and don't worry that some people may think you are being selfish.

♐ Sagittarius Nov. 23-Dec. 21 You will be extremely active over the next seven days as you strive to complete the various tasks you started in recent weeks.

♑ Capricorn Dec. 22-Jan. 20 Go out of your way to help someone in need.

♒ Aquarius Jan. 21-Feb. 18 Stop dreaming about what you would like to do and actually start doing it.

♓ Pisces Feb. 19-March 20. Do other people's achievements inspire you or make you envious? If it's the latter you need to realize that envy can motivate you as much as more positive emotions. Envy is only a bad thing if you do nothing with it. **SALLY BROMPTON**

MICHAEL DURHAM/ OREGON ZOO/ THE ASSOCIATED PRESS

Caption contest

PETR DAVID JOSEK/THE ASSOCIATED PRESS

WIN!

You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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*Base MSRP of a new and unregistered 2012 Jetta 2.0L base model with 5-speed manual transmission is $15,875. $1,365 freight and PDI, license, insurance, registration, any dealer or other charges, options and other applicable taxes and levies are extra. Dealer may sell for less. Dealer order/trade may be necessary. **Limited time lease offer available through Volkswagen Finance, on approved credit, based on a new and unregistered 2012 Jetta 2.0L Trendline+ / 2012 Passat 2.5L base model with 5-speed/5-speed manual transmission. $1,365/$1,365 freight and PDI included in monthly payment. 48-month term at 2.9%/3.9% APR. $940/$1,198 down payment or equivalent trade-in, $0 security deposit, and first monthly payment due at lease inception. Total lease obligation: $10,012/$15,550. 64,000 kilometre allowance; charge of $0.15/km for excess kilometres. PPSA, license, insurance, registration, any dealer or other charges, options and other applicable taxes are extra. †First monthly payment of $0 available on a 48-month lease (through Volkswagen Finance, on approved credit) of select new and unregistered 2012 Jetta/Passat models (TDI Clean Diesel models excluded) up to a maximum of $400/$500 (excluding taxes). Dealer may lease for less. Dealer order/trade may be necessary. Offers end January 2, 2012 and are subject to change or cancellation without notice. Visit vw.ca or your Volkswagen dealer for details. Models shown for illustration purposes only. Vehicles may not be exactly as shown. "Volkswagen", the Volkswagen logo, "Jetta", "Passat" and "Autobahn for All" are registered trademarks of Volkswagen AG. "Das Auto & Design" is a trademark of Volkswagen AG. Motor Trend® Magazine is a registered trademark of Source Interlink Magazines, LLC. © 2011 Volkswagen Canada.